YOGA

A MEDICAL DICTIONARY, BIBLIOGRAPHY,
AND ANNOTATED RESEARCH GUIDE TO
INTERNET REFERENCES



JAMES N. PARKER, M.D.
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FORWARD

In March 2001, the National Institutes of Health issued the following warning: "The number of Web sites offering health-related resources grows every day. Many sites provide valuable information, while others may have information that is unreliable or misleading."[1] Furthermore, because of the rapid increase in Internet-based information, many hours can be wasted searching, selecting, and printing. Since only the smallest fraction of information dealing with yoga is indexed in search engines, such as **www.google.com** or others, a non-systematic approach to Internet research can be not only time consuming, but also incomplete. This book was created for medical professionals, students, and members of the general public who want to know as much as possible about yoga, using the most advanced research tools available and spending the least amount of time doing so.

In addition to offering a structured and comprehensive bibliography, the pages that follow will tell you where and how to find reliable information covering virtually all topics related to yoga, from the essentials to the most advanced areas of research. Public, academic, government, and peer-reviewed research studies are emphasized. Various abstracts are reproduced to give you some of the latest official information available to date on yoga. Abundant guidance is given on how to obtain free-of-charge primary research results via the Internet. **While this book focuses on the field of medicine, when some sources provide access to non-medical information relating to yoga, these are noted in the text.**

E-book and electronic versions of this book are fully interactive with each of the Internet sites mentioned (clicking on a hyperlink automatically opens your browser to the site indicated). If you are using the hard copy version of this book, you can access a cited Web site by typing the provided Web address directly into your Internet browser. You may find it useful to refer to synonyms or related terms when accessing these Internet databases. **NOTE:** At the time of publication, the Web addresses were functional. However, some links may fail due to URL address changes, which is a common occurrence on the Internet.

For readers unfamiliar with the Internet, detailed instructions are offered on how to access electronic resources. For readers unfamiliar with medical terminology, a comprehensive glossary is provided. For readers without access to Internet resources, a directory of medical libraries, that have or can locate references cited here, is given. We hope these resources will prove useful to the widest possible audience seeking information on yoga.

The Editors

[1] From the NIH, National Cancer Institute (NCI): **http://www.cancer.gov/cancerinfo/ten-things-to-know**.

CHAPTER 1. STUDIES ON YOGA

Overview

In this chapter, we will show you how to locate peer-reviewed references and studies on yoga.

The Combined Health Information Database

The Combined Health Information Database summarizes studies across numerous federal agencies. To limit your investigation to research studies and yoga, you will need to use the advanced search options. First, go to **http://chid.nih.gov/index.html**. From there, select the "Detailed Search" option (or go directly to that page with the following hyperlink: **http://chid.nih.gov/detail/detail.html**). The trick in extracting studies is found in the drop boxes at the bottom of the search page where "You may refine your search by." Select the dates and language you prefer, and the format option "Journal Article." At the top of the search form, select the number of records you would like to see (we recommend 100) and check the box to display "whole records." We recommend that you type "yoga" (or synonyms) into the "For these words:" box. Consider using the option "anywhere in record" to make your search as broad as possible. If you want to limit the search to only a particular field, such as the title of the journal, then select this option in the "Search in these fields" drop box. The following is what you can expect from this type of search:

- **Yoga**

  Source: Rheumatic Disease Clinics of North America. 26(1): 125-132. February 2000.

  Summary: This journal article provides health professionals with information on the use of yoga to treat rheumatic diseases. Yoga is an ancient tradition that has been westernized and is often practiced for its proposed health benefits. Traditional texts describe its benefits for many types of arthritis. Yoga uses stretching and improves strength so that theoretically it should be beneficial for some musculoskeletal problems. The Iyengar method of hatha yoga can be used as a supplement to other measures to treat musculoskeletal problems. Standing postures are believed to strengthen and align the bones and muscles. Regimens derived from Iyengar hatha yoga are also described in texts and manuals for various types of back problems and arthritis. However, there is no objective documentation of their value. Yoga therapy for gout is used during

asymptomatic phases. Rheumatoid arthritis is treated by yoga initially along with drugs. Two limited studies of osteoarthritis of the hands and carpal tunnel syndrome show greater improvement in pain for those practicing yoga than for control groups. Although yoga may provide some therapeutic benefit, people who have arthritis should develop yoga postures slowly when their joints or the spine are stiff because these postures can be harmful if done incorrectly or without preparation. Yoga merits further study of its cellular and physiologic effects. 29 references. (AA-M).

- **Invest In Yourself: Yoga as a Self-Care Strategy**

  Source: Nursing Forum. 35(2): 32-36. April-June 2000.

  Summary: This article provides an overview of yoga and details the benefits of yoga practice. It discusses the widening recognition of the mind-body-spirit connection in western medicine and the need for healthcare providers to have a fundamental understanding of these modalities to be able to advise patients effectively.

- **Yoga and Cancer: A Move Toward Relaxation**

  Source: Alternative and Complementary Therapies. 4(3): 150-155. June 1998.

  Summary: This journal article discusses the potential role of yoga as an adjunct treatment for cancer. Although there is no scientific evidence for the effectiveness of yoga for cancer patients, practitioners suggest that yoga's ability to enhance the relaxation response could improve the immune system's ability to work. They recommend the restorative asanas (poses) as being especially effective in producing the relaxation response and counteracting the negative effects of the stress response on the immune system. Restorative asanas, as distinguished from free-standing yoga poses in which the practitioner actively holds the pose through muscle action, are held using the support of props. Because they require little or no effort, the poses are useful for people who are too weak to perform the more vigorous poses. Individuals and organizations have begun offering yoga classes for breast cancer survivors. In addition, researchers at the Preventive Medicine Research Institute in Sausalito, California, have been studying the positive effects of yoga for heart patients, and more recently for patients with prostate cancer. The article includes a suggested asana sequence for relaxation, stick diagrams of selected relaxation postures, and a list of resources. It has 4 tables and 6 references.

- **Massage, Yoga and Aromatherapy: Can They Help GI Conditions?**

  Source: Digestive Health and Nutrition. p. 11-15. January-February 2000.

  Contact: Available from American Gastroenterological Association. 7910 Woodmont Avenue, 7th Floor, Bethesda, MD 20814. (877) DHN-4YOU or (301) 654-2055, ext. 650. E-mail: DHN@gastro.org.

  Summary: This article discusses the use of alternative medicine options to help gastrointestinal (GI) conditions. Instead of medication or surgery, alternative therapy practitioners offer such options as acupuncture, yoga, massage, herbs, reflexology, and aromatherapy, not just for the treatment of disease but for prevention as well. The author notes, however, that even the alternative medicine methods for treating gastrointestinal (GI) conditions emphasize the basics: eat a healthy diet, exercise, and reduce stress. In alternative medicine, a healthy diet may include herbs and nutritional supplements, exercise may involve yoga, and stress reduction may include transcendental meditation. The author reviews a recommended approach to considering

the use of alternative therapies, then discusses certain types of alternative therapy, including aromatherapy, Ayurvedic medicine, herbal therapy, acupuncture, nerve pressure and massage, and relaxation techniques. One section specifies the types of conventional and alternative treatments used for individual GI problems, including constipation, diarrhea, heartburn, irritable bowel syndrome (IBS), nausea, and ulcers. Another section describes the relaxation response and offers a step by step guide to this 20 minute relaxation process.

- **Yoga for Mommies**

  Source: Parents. p. 80-83. January 2003.

  Summary: This 20-minute yoga workout for mothers will boost strength, increase flexibility, improve posture, and help relieve tension and stress. Eight exercises targeting specific muscle groups are profiled and include the mountain tilt, triangle pose, cobbler's pose, yogi sit-ups, bridge, shoulder stretch, locust, and sage twist. The author recommends doing the workout at least three times a week for maximum results. For each exercise, she provides guidance on the number of repetitions to perform and how long one should hold each pose. A female athlete demonstrates the proper technique for each move.

- **Personal Coach Yoga**

  Source: Cooking Light. p. 74-76, 78, 80, 82. January/February 2003.

  Summary: Yoga helps promote a sense of unity and balance while strengthening bones, increasing flexibility, boosting energy, improving heart and lung function, and reducing stress. This article provides an 11-movement yoga sequence that can be done in 10 minutes. The sequence involves moving directly from one pose to the next in coordination with the breath. The article recommends doing the sequence at least twice. The series of movements can be performed up to eight times or more once improvements are made in strength and endurance. A female athlete demonstrates the proper form for each posture.

- **Get a Strong, Lean Body, Yoga Style**

  Source: Latina. p. 121-122. September 2002.

  Summary: Yoga tones muscles, increases flexibility, and reduces stress. Yoga instructor Suzan Colon notes that 'yoga develops strength and agility while improving your breathing.' The yoga poses in this article target the abdominals, arms, legs, and buttocks. Each move is held for five deep breaths and repeated three times. A female athlete demonstrates the proper technique of each pose.

- **Fitness Yoga**

  Source: Fitness. p.34, 36. April 1998.

  Summary: This article presents a form of yoga designed to develop strength and balance. Six poses are described and illustrated: the copter lunge, balancing stick, water angel, side inclined plane, wide leg forward bend, and descending chair. Instructions and cautions for each pose are included.

- **Yoga, With a New Twist**

  Source: Cooking Light. 12(4):50,54,57-58. May 1998.

Summary: Shaffer discusses changes in yoga's emphasis since the 1970's and why many people are returning to yoga. Today, she says, those individuals attending yoga classes are interested in more than meditation. Some are seeking therapeutic exercise, others relaxation, and still others want to be energized. Shaffer offers sample exercises for energizing, relaxation, and for women passing through menopause. For each, a pose is demonstrated with photographs. Shaffer also describes the other benefits of yoga, such as weight control and flexibility.

- **Can Yoga Make You Fit?**

  Source: University of California at Berkeley Wellness Letter. 13(8):6; May 1997.

  Contact: University of California at Berkeley Wellness Letter, P.O. Box 420148, Palm Coast, FL 32142.

  Summary: In this article, the author explains what yoga is and why some people consider it a form of aerobic exercise. Suggestions are offered for beginning exercises, and several yoga videos are reviewed.

- **Yoga for Round Bodies**

  Source: Radiance Magazine. Winter 1995.

  Summary: Haddon discusses the value of Kripalu yoga as exercise for larger individuals. She explains what Kripalu is and how it differs from other forms of yoga. Haddon describes her own discovery of Kripalu yoga and how it energized her and helped her develop more self-discipline. She and a friend created a set of yoga videotapes for large individuals and she describes the process. Finally, she describes five postures for readers to try.

Federally Funded Research on Yoga

The U.S. Government supports a variety of research studies relating to yoga. These studies are tracked by the Office of Extramural Research at the National Institutes of Health.[2] CRISP (Computerized Retrieval of Information on Scientific Projects) is a searchable database of federally funded biomedical research projects conducted at universities, hospitals, and other institutions.

Search the CRISP Web site at **http://crisp.cit.nih.gov/crisp/crisp_query.generate_screen**. You will have the option to perform targeted searches by various criteria, including geography, date, and topics related to yoga.

For most of the studies, the agencies reporting into CRISP provide summaries or abstracts. As opposed to clinical trial research using patients, many federally funded studies use animals or simulated models to explore yoga. The following is typical of the type of information found when searching the CRISP database for yoga:

[2] Healthcare projects are funded by the National Institutes of Health (NIH), Substance Abuse and Mental Health Services (SAMHSA), Health Resources and Services Administration (HRSA), Food and Drug Administration (FDA), Centers for Disease Control and Prevention (CDCP), Agency for Healthcare Research and Quality (AHRQ), and Office of Assistant Secretary of Health (OASH).

- **Project Title: AYURVEDIC MEDITATION & YOGA FOR ADOLESCENTS W/ ULCERATIVE COLITIS**

  Principal Investigator & Institution: Zeltzer, Lonnie K. Professor; University of California Los Angeles 10920 Wilshire Blvd., Suite 1200 Los Angeles, CA 90024

  Timing: Fiscal Year 2001; Project Start 01-DEC-1999; Project End 30-NOV-2000

  Summary: This abstract is not available.

  Website: http://crisp.cit.nih.gov/crisp/Crisp_Query.Generate_Screen

- **Project Title: EFFECT OF YOGA ON ASTHMA**

  Principal Investigator & Institution: Kumar, Prem;; Tulane University of Louisiana New Orleans, LA 70118

  Timing: Fiscal Year 2001

  Summary: Asthma is a common, complex disease triggered by factors such as emotional stresses and inhaled allergens. Despite adequate medical treatment, many patients continue to experience exacerbation of asthma symptoms, emergency room visits for treatment, and hospital admissions. The beneficial effects of **yoga** (relaxation techniques and breathing exercises) on asthma symptoms and lung function have been documented in the literature. Though such reports have been very few, there is no such study reported from this country. The purpose of this pilot study is to investigate the effects of **yoga** on the symptoms and lung function in asthmatic subjects. A total of ten adult patients diagnosed with persistent-moderate or persistent-severe asthma will be included in the study. The patients will continue to receive the regular medical treatment in addition to the **yoga** instruction. An informed written consent will be obtained from each subject. At the time of entry into the study, a detailed history and red-top tube of blood will also be obtained and a physical examination as well as a baseline lung-function study (spirometry) will be performed. The **yoga** will be demonstrated to the patients by one of the investigators. The patients will then be asked to perform the **yoga** techniques in the presence of one of the investigators and then practice the exercises at home on a daily basis. The patients will keep a personal log of asthma symptoms and record their own peak-flow measurements. The patient will visit every week to update their medical histories and undergo physician examinations and lung function tests. The patients' symptom diaries and peak-flow measurements will be reviewed as well. The study is planned to span four weeks, but it may be extended to three months. At the beginning and end of the four week period, a red-top tube of blood (approximately two teaspoons) will be obtained using aseptic precautions. The serum will be seperated and frozen for future study of neuropeptides and cytokine measurements. The results will be analyzed with regard to asthma symptoms, peak-flows and other lung function, comparing data from the onset of the study to the data obtained at the conclusion of the study.

  Website: http://crisp.cit.nih.gov/crisp/Crisp_Query.Generate_Screen

- **Project Title: EFFECTS OF ENERGY HEALERS ON ATHEROSCLEROSIS**

  Principal Investigator & Institution: Fox, Joan E. Director; Cleveland Clinic Foundation 9500 Euclid Ave Cleveland, OH 44195

  Timing: Fiscal Year 2002; Project Start 30-SEP-2002; Project End 31-MAY-2004

  Summary: (provided by applicant): Coronary artery disease is the major cause of death and disability in the United States. The goal of our research for the past 20-years has been to investigate mechanisms involved in the development of cardiovascular disease

and to identify potential sites for therapeutic intervention. Evidence that poor social support systems and emotional states play a major role in the development and progression of coronary artery disease is accumulating; interventions designed to address the emotional state of the patient have demonstrated beneficial effects. The rapidly growing field of psychoneuroimmunology is providing insights into potential mechanisms by which emotional health could affect physical health. There is growing interest in the use of interventional programs that include practices such as meditation and **yoga** that are based on Eastern spiritual philosophies. A basic premise of these philosophies is that we are interconnected through an unidentified life-force. Energy healers suggest that this life-force may be a component of emotionally supportive social interactions. They claim to be able to channel this life-force to clients, thus improving the emotional and spiritual health of the client. Several positive trials on energy healing, including two positive trials on cardiac patients, suggest that this CAM modality is worthy of further study. Cholesterol-fed rabbits provide a well-established model for evaluation of the effects of potential therapeutic agents on the development of atherosclerosis. A marked reduction in the development of lesions in rabbits receiving caring attention has been reported. In this application, we propose a pilot study using cholesterol-fed rabbits. The effect of energy healing treatments on lesion development will be investigated. Should these studies provide evidence for beneficial effects, the availability of an animal model would allow the design of future studies in which effects on physiological markers, sites of action, or important features of delivery of energy healing could be investigated in detail. The Specific Aims of the present application are: 1) to evaluate the possibility that energy healing treatments may decrease the progression of atherosclerosis in a rabbit model of cholesterol-induced atherosclerosis, 2) to evaluate the possibility that energy healing treatments may decrease markers of neuroendocrine and sympathetic nervous system activation in a rabbit model of cholesterol-induced atherosclerosis 3) to evaluate the possibility that energy healing treatments can minimize the activation of endothelial cell gene transcription in a rabbit model of cholesterol-induced atherosclerosis.

Website: http://crisp.cit.nih.gov/crisp/Crisp_Query.Generate_Screen

- **Project Title: EFFECTS OF YOGA ON QUALITY OF LIFE DURING BREAST CANCER**

  Principal Investigator & Institution: Moadel, Alyson B. Epidemiology & Social Medicine; Yeshiva University 500 W 185Th St New York, NY 10033

  Timing: Fiscal Year 2001; Project Start 01-APR-2001; Project End 31-MAR-2003

  Summary: (provided by applicant) Breast cancer and its treatment are often associated with great psychological, physical and functional impairment. Recent research indicates that newly diagnosed cancer patients of all cultural backgrounds are seeking out increased behavioral/complementary medicine modalities to help them cope with cancer and its treatment. **Yoga** is one such practice that is becoming increasingly popular among cancer support organizations and cancer patients. While **Yoga** has been empirically shown to provide numerous physical and psychological benefits in both healthy and chronically ill individuals, there has been only one published study to date of Yoga's effects on quality of life (QOL) in cancer patients. The overall aim of this pilot study is to examine the effect of a **Yoga** intervention to improve QOL among breast cancer patients receiving chemotherapy within an urban, multi-ethnic cancer center. This clinical trial will utilize a stratified (by type of chemotherapy)-randomized, prospective, single-blinded design. Breast cancer patients (n=130) will be randomly assigned (before the initiation of chemotherapy) to either a **Yoga** program (n=65), or a

Wait List Control group (n=65; Standard Care), and followed for a 3-month period. Measures will be obtained at three time points: baseline (T1) (prior to chemotherapy and group assignment), at one month (T2); and at three months (T3), by blinded interviewers using standardized QOL measurements (e.g., Functional Assessment of Cancer Therapy) and clinician ratings. Objective health measures will include adverse medical events and treatment compliance. Multivariate analyses will be used to examine the hypothesis that a **Yoga** program will improve upon overall QOL by at least 15 percent (based on a.25 effect size) in comparison to Standard Care.

Website: http://crisp.cit.nih.gov/crisp/Crisp_Query.Generate_Screen

- **Project Title: EFFICACY OF YOGA FOR SELF-MANAGEMENT OF DYSPNEA IN COPD**

  Principal Investigator & Institution: Carrieri-Kohlman, Virginia L. Professor; Physiological Nursing; University of California San Francisco 500 Parnassus Ave San Francisco, CA 94122

  Timing: Fiscal Year 2002; Project Start 15-SEP-2002; Project End 31-MAY-2004

  Summary: (provided by applicant): Management of dyspnea (shortness of breath) is a major problem for patients with chronic obstructive lung diseases (COPD). The effectiveness of traditional supervised and home-based exercise programs for decreasing dyspnea is well established. The remaining knowledge gap is the efficacy of complementary exercises that patients report they are using to manage dyspnea, that may be more congruent with pulmonary patients' lifestyles and values, and that can be adapted to changes in illness severity and disability. **Yoga** practice is a complementary therapy that people use to manage their dyspnea. Previous studies lack controlled designs, large samples, protocol descriptions, or valid instruments for measuring dyspnea. The aims of this exploratory study are: 1) to develop a safe and feasible **yoga** program for patients with COPD; 2) to test the efficacy of this program, while establishing the decrease in dyspnea that may be expected with such a program; 3) to determine whether secondary outcomes of physical performance, psychological well being, and health related quality of life (HRQL) are positively affected by **yoga** practice; 4) to identify and contact community resources including physicians, nurses, **yoga** practitioners and facilities to support the testing of **yoga** training for patients with COPD in targeted communities. In a prospective randomized controlled trial three cohorts of subjects with moderate to severe COPD (N=36) will be randomly assigned to either an experimental **yoga** training or a usual care control for12 weeks. Outcomes will be measured at baseline, after each session, and immediately after the training program. If **yoga** is shown to affect dyspnea in patients with COPD, the findings of this exploratory study will serve as a foundation for the writing of a multi-center controlled trial to compare the effect of **yoga** training on dyspnea and multivariate outcomes to an attention control group and a usual care group with a larger sample of patients with moderate to severe COPD.

  Website: http://crisp.cit.nih.gov/crisp/Crisp_Query.Generate_Screen

- **Project Title: EVALUATING YOGA FOR CHRONIC LOW BACK PAIN**

  Principal Investigator & Institution: Sherman, Karen J. Scientific Investigotor; Center for Health Studies 1730 Minor Ave, Ste 1600 Seattle, WA 98101

  Timing: Fiscal Year 2002; Project Start 01-JUL-2002; Project End 30-APR-2004

  Summary: Back problems are among the moist prevalent conditions afflicting adults and are a leading reason for using complementary or alternative medical (CAM therapies).

Despite the common use of CAM therapies for back pain, little is known about how they compare with conventional treatments. Although there have been numerous randomized trials evaluating the effectiveness of spinal manipulation and acupuncture for back pain, no trials could be identified that evaluated **yoga.** This study will lay the groundwork for a full-scale trial that compares **yoga** with conventional exercise and usual care for chronic low back pain. During Phase I of this project, we will develop, test, and refine individual components of such a randomized clinical trial. This will include specification of protocols in the **yoga** and exercise groups, subject selection criteria, and recruitment and retention strategies. During Phase II, we will use the study components developed during Phase I to conduct a pilot trial of these interventions. We will randomized 30 persons with chronic low back pain to each of the following groups: **yoga,** a conventional therapeutic exercise program, and usual care. We will measure each treatment's impact on symptoms, function, quality of live, and back pain-related utilization and costs of care after 6 weeks, 122 weeks, and 6 months. The pilot study will permit us to identify and resolve unanticipated problems, to estimate the samples required for an adequately powered full-scale trial, and to obtain preliminary estimates of the effectiveness and safety of **yoga** and the therapeutic exercise program. At the conclusion of this project, we will be well-positioned to prepare a competitive grant proposal to evaluate the effectiveness of **yoga** as a treatment for persons with chronic low back pain.

Website: http://crisp.cit.nih.gov/crisp/Crisp_Query.Generate_Screen

- **Project Title: MINDFULNESS BASED STRESS REDUCTION & MYOCARDIAL ISCHEMIA**

  Principal Investigator & Institution: Sheps, David S. Professor and Director; Medicine; University of Florida Gainesville, FL 32611

  Timing: Fiscal Year 2003; Project Start 01-MAY-2003; Project End 30-APR-2008

  Summary: (provided by applicant): Acute and chronic psychological stress has been shown to be a risk factor for cardiac events. More recently, with the advent of new technology allowing cardiac imaging, acute psychological stressors have been shown to produce myocardial ischemia in certain subsets of patients with coronary artery disease. Several studies have shown that the production of myocardial ischemia in response to acute psychological stress in the laboratory is a marker for adverse events in patients with coronary artery disease. Several pathways by which psychologically induced stress may trigger ischemic events have been proposed and a number of studies have provided evidence that stress effects ischemic events via these pathways. Stress interventions have been shown to have a positive impact on CAD outcomes, with only one thus far testing their effects on psychological stress induced ischemic events. Further, some studies have reported positive results with coronary risk factors using meditation and **yoga.** Current clinical meditation literature suggests that a mindfulness meditation based stress reduction program (i.e., multicomponent, psychoeducational program based in mindfulness meditation which cultivates an ability to pay attention to one's moment-to- moment experiences in a nonjudgemental, nonreactive fashion) will be able to reduce stress reactivity in CAD patients. It is predicted that such reduction in stress reactivity will result in reduced radionuclide imaged perfusion defects during a laboratory mental stress task. Although it has not been used with heart patients, it has demonstrated good results with both stress and symptomology in the general and other medical populations. We believe that similar results will be seen in CAD patients with effects acting through the following pathways; 1) decreased sympathetic tone, and 2) increased parasympathetic tone. The overall goal of the proposed study is to evaluate

the efficacy of a meditation based stress reduction program for the reduction of mental stress induced ischemia.

Website: http://crisp.cit.nih.gov/crisp/Crisp_Query.Generate_Screen

- **Project Title: YOGA AND PEAK FLOW RATES IN PREGNANT ASTHMATICS**

  Principal Investigator & Institution: Balk, Judith L. Assistant Professor; Magee-Women's Hospital of Upmc 300 Halket St Pittsburgh, PA 15213

  Timing: Fiscal Year 2001; Project Start 15-MAY-1998; Project End 30-APR-2003

  Summary: This abstract is not available.

  Website: http://crisp.cit.nih.gov/crisp/Crisp_Query.Generate_Screen

- **Project Title: YOGA AS A TREATMENT FOR INSOMNIA**

  Principal Investigator & Institution: Khalsa, Sat B.; Brigham and Women's Hospital 75 Francis Street Boston, MA 02115

  Timing: Fiscal Year 2001; Project Start 25-SEP-2001; Project End 31-AUG-2003

  Summary: (APPLICANT'S ABSTRACT): Insomnia is a sleep disorder characterized by a chronic difficulty in initiating and maintaining sleep which has a relatively high prevalence and a significant socioeconomic cost. There is good evidence that cognitive and/or physiological arousal, associated with sustained sympathetic activation, is one of the underlying causes of insomnia. Relaxation treatments such as progressive relaxation and meditation which address the cognitive and somatic arousal associated with insomnia have been found to be effective. **Yoga** is a comprehensive discipline which includes physical exercises, postures, breathing techniques, and meditation, for the purpose of improving health and well being. Research studies have documented the effectiveness of **yoga** in reducing sympathetic activation and cognitive and somatic arousal and in the treatment of specific medical disorders. Although it has been used and recommended for the treatment of insomnia, its effectiveness has not been evaluated in a randomized, controlled study. The aim of this proposal is to evaluate the effectiveness of daily **yoga** practice in the treatment of chronic psychophysiological insomnia in a randomized, controlled study. A subjective measure of sleep onset latency will be derived from daily sleep diaries, and an objective measure will be drawn from polysomnographic recordings. Sleep onset latency will be evaluated before and after a two month treatment period in a total of 48 young men and women who have been carefully screened for the presence of psychiatric and medical disorders which might contribute to a primary complaint of insomnia. Subjects will be randomized equally into a **yoga** treatment group and an untreated control group. We anticipate that **yoga** practice will prove to be an effective treatment for insomnia which will yield significant improvements in sleep onset latency relative to untreated control subjects. We also anticipate that these improvements will be maintained at long-term follow up evaluation.

  Website: http://crisp.cit.nih.gov/crisp/Crisp_Query.Generate_Screen

- **Project Title: YOGA, HEALTH, AND MEDITATION**

  Principal Investigator & Institution: Hecht, Frederick M. Medicine; University of California San Francisco 500 Parnassus Ave San Francisco, CA 94122

  Timing: Fiscal Year 2003; Project Start 22-SEP-2003; Project End 31-MAR-2005

  Summary: (provided by applicant): The UCSF Osher Center for Integrative Medicine (OCIM) and the Swami Vivekananda **Yoga** Anusandhana Samsthana (SVYASA)

propose to create an international collaboration for research on the health effects of **yoga. Yoga** and related meditation practices represent one of the most important complementary and alternative medicine systems used in Asia and the United States. SVYASA is one of India's leading institutions for **yoga** practice and research. SVYASA investigators have been trained in conventional medicine and physiology, and have published over 50 peer-reviewed papers on **yoga.** Collaboration with SVYASA offers OCIM researchers the opportunity to learn from investigators with one of the strongest records of conducting **yoga** research in its country of origin. OCIM offers SVYASA investigators access to the extensive clinical, laboratory, statistical, and training resources of one of the world's leading biomedical research universities to support collaborations. The proposal has three main aims that will prepare us for Phase II large-scale collaborative research: (1) To perform planning, assessment, and resource development to conduct Phase I pilot studies and larger Phase II studies. This aim will be accomplished through site visits, supplemented by email and telephone communication. This will include a detailed orientation of OCIM investigators to the approaches and research work of SVYASA investigators and further development of the collaborative relationships between investigators at the two institutions. We will ensure that the current Institutional Review Board at SVYASA meets NIH standards. (2) To provide training of SVYASA and OCIM investigators to prepare for additional studies. This will include using an established 2-month UCSF advanced Training in Clinical Research core program, with tailored supplemental training in areas identified as needs by SVYASA faculty. This experience will also be used to plan for future training of SVYASA faculty at UCSF, including training of new investigators and yearlong sabbatical experiences for senior faculty. (3) To perform two pilot research projects that will establish the basis for larger studies. One pilot research project will consist of mechanism studies examining the effect of **yoga** on diurnal variation of cortisol levels and the potential influence of these changes on glucose control in diabetes. This will be studied in 30 participants within an already funded randomized, controlled trial of **yoga** in diabetes treatment conducted at SVYASA, supplemented by a similar study in 10 persons at UCSF. The second study will be a randomized, controlled pilot test of a yoga-based intervention for 30 persons with HIV and depression. The goals of this study will be to assess recruitment strategies and acceptability of the intervention for the target population, and to obtain preliminary data on the effects of **yoga** on depression, quality of life, and immunologic and virologic outcomes.

Website: http://crisp.cit.nih.gov/crisp/Crisp_Query.Generate_Screen

E-Journals: PubMed Central[3]

PubMed Central (PMC) is a digital archive of life sciences journal literature developed and managed by the National Center for Biotechnology Information (NCBI) at the U.S. National Library of Medicine (NLM).[4] Access to this growing archive of e-journals is free and unrestricted.[5] To search, go to **http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?db=Pmc**,

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[3] Adapted from the National Library of Medicine: **http://www.pubmedcentral.nih.gov/about/intro.html**.

[4] With PubMed Central, NCBI is taking the lead in preservation and maintenance of open access to electronic literature, just as NLM has done for decades with printed biomedical literature. PubMed Central aims to become a world-class library of the digital age.

[5] The value of PubMed Central, in addition to its role as an archive, lies in the availability of data from diverse sources stored in a common format in a single repository. Many journals already have online publishing operations, and there is a growing tendency to publish material online only, to the exclusion of print.

and type "yoga" (or synonyms) into the search box. This search gives you access to full-text articles. The following is a sample of items found for yoga in the PubMed Central database:

- **Effect of rosary prayer and yoga mantras on autonomic cardiovascular rhythms: comparative study.** by Bernardi L, Sleight P, Bandinelli G, Cencetti S, Fattorini L, Wdowczyc-Szulc J, Lagi A. 2001 Dec 22;
http://www.pubmedcentral.gov/articlerender.fcgi?tool=pmcentrez&artid=61046

The National Library of Medicine: PubMed

One of the quickest and most comprehensive ways to find academic studies in both English and other languages is to use PubMed, maintained by the National Library of Medicine.[6] The advantage of PubMed over previously mentioned sources is that it covers a greater number of domestic and foreign references. It is also free to use. If the publisher has a Web site that offers full text of its journals, PubMed will provide links to that site, as well as to sites offering other related data. User registration, a subscription fee, or some other type of fee may be required to access the full text of articles in some journals.

To generate your own bibliography of studies dealing with yoga, simply go to the PubMed Web site at **http://www.ncbi.nlm.nih.gov/pubmed**. Type "yoga" (or synonyms) into the search box, and click "Go." The following is the type of output you can expect from PubMed for yoga (hyperlinks lead to article summaries):

- **12-month follow-up of yoga and bio-feedback in the management of hypertension.**
Author(s): Patel C.
Source: Lancet. 1975 January 11; 1(7898): 62-4.
http://www.ncbi.nlm.nih.gov:80/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list_uids=46021&dopt=Abstract

- **Arrow-dot scores of drug addicts selecting general or yoga therapy.**
Author(s): Goldberg LS, Meltzer G.
Source: Percept Mot Skills. 1975 June; 40(3): 726. No Abstract Available.
http://www.ncbi.nlm.nih.gov:80/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list_uids=1178355&dopt=Abstract

- **Certain studies on psychological and biochemical responses to the practice in Hatha Yoga in young normal volunteers.**
Author(s): Udupa KN, Singh RH, Yadav RA.
Source: The Indian Journal of Medical Research. 1973 February; 61(2): 237-44.
http://www.ncbi.nlm.nih.gov:80/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list_uids=4758999&dopt=Abstract

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[6] PubMed was developed by the National Center for Biotechnology Information (NCBI) at the National Library of Medicine (NLM) at the National Institutes of Health (NIH). The PubMed database was developed in conjunction with publishers of biomedical literature as a search tool for accessing literature citations and linking to full-text journal articles at Web sites of participating publishers. Publishers that participate in PubMed supply NLM with their citations electronically prior to or at the time of publication.

- **ECG of the month. Yogi-ism. Complete AV block.**
  Author(s): Martinez-Lopez JI.
  Source: J La State Med Soc. 1994 November; 146(11): 469-72. No Abstract Available.
  http://www.ncbi.nlm.nih.gov:80/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list_uids=7806945&dopt=Abstract

- **Effect of yoga practices on vital capacity. (A preliminary communication).**
  Author(s): Bhole MV, Karambelkar PV, Gharote ML.
  Source: Indian J Chest Dis. 1970 January-April; 12(1): 32-5. No Abstract Available.
  http://www.ncbi.nlm.nih.gov:80/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list_uids=5514458&dopt=Abstract

- **Fatal air embolism after Yoga breathing exercises.**
  Author(s): Corrigan GE.
  Source: Jama : the Journal of the American Medical Association. 1969 December 8; 210(10): 1923.
  http://www.ncbi.nlm.nih.gov:80/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list_uids=5394956&dopt=Abstract

- **Increased urinary excretion of testosterone following a course of yoga in normal young volunteers.**
  Author(s): Gode JD, Singh RH, Settiwar RM, Gode KD, Udupa KN.
  Source: Indian Journal of Medical Sciences. 1974 April-May; 28(4-5): 212-5.
  http://www.ncbi.nlm.nih.gov:80/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list_uids=4435928&dopt=Abstract

- **Letter: Yoga and bio-feedback in hypertension.**
  Author(s): Pickering T.
  Source: Lancet. 1973 December 22; 2(7843): 1440-1.
  http://www.ncbi.nlm.nih.gov:80/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list_uids=4128750&dopt=Abstract

- **Letter: Yoga and bio-feedback in hypertension.**
  Author(s): Cotton DW.
  Source: Lancet. 1973 December 1; 2(7840): 1274-5.
  http://www.ncbi.nlm.nih.gov:80/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list_uids=4128611&dopt=Abstract

- **Medical research on yoga.**
  Author(s): Hoenig J.
  Source: Confin Psychiatr. 1968; 11(2): 69-89. No Abstract Available.
  http://www.ncbi.nlm.nih.gov:80/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list_uids=5681954&dopt=Abstract

- **Oxygen consumption during yoga-type breathing at altitudes of 520m. and 3,800m.**
  Author(s): Rao S.
  Source: The Indian Journal of Medical Research. 1968 May; 56(5): 701-5.
  http://www.ncbi.nlm.nih.gov:80/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list_uids=5697820&dopt=Abstract

- **Randomised controlled trial of yoga and bio-feedback in management of hypertension.**
  Author(s): Patel C, North WR.
  Source: Lancet. 1975 July 19; 2(7925): 93-5.
  http://www.ncbi.nlm.nih.gov:80/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list_uids=49737&dopt=Abstract

- **Some observations on Hatha Yoga: the Bandhas: an anatomical study.**
  Author(s): Gopal KS, Lakshmanan S.
  Source: Indian Journal of Medical Sciences. 1972 September; 26(9): 564-74.
  http://www.ncbi.nlm.nih.gov:80/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list_uids=4644612&dopt=Abstract

- **The scientific basis of yoga.**
  Author(s): Udupa KN, Singh RH.
  Source: Jama : the Journal of the American Medical Association. 1972 June 5; 220(10): 1365.
  http://www.ncbi.nlm.nih.gov:80/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list_uids=5067335&dopt=Abstract

- **Voluntary control of heart rate in a practitioner of yoga: negative findings.**
  Author(s): Fenz WD, Plapp JM.
  Source: Percept Mot Skills. 1970 April; 30(2): 493-4. No Abstract Available.
  http://www.ncbi.nlm.nih.gov:80/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list_uids=5454053&dopt=Abstract

- **Yoga and autohypnotism.**
  Author(s): Rao S.
  Source: Br J Med Hypn. 1965 Autumn; 17(1): 38-40. No Abstract Available.
  http://www.ncbi.nlm.nih.gov:80/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list_uids=5830032&dopt=Abstract

- **Yoga and biofeedback in the management of hypertension.**
  Author(s): Patel C.
  Source: Journal of Psychosomatic Research. 1975; 19(5-6): 355-60.
  http://www.ncbi.nlm.nih.gov:80/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list_uids=1214232&dopt=Abstract

- **Yoga and bio-feedback in the management of hypertension.**
  Author(s): Patel CH.
  Source: Lancet. 1973 November 10; 2(7837): 1053-5.
  http://www.ncbi.nlm.nih.gov:80/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list_uids=4127312&dopt=Abstract

- **Yoga and biofeedback in the management of 'stress' in hypertensive patients.**
  Author(s): Patel C.
  Source: Clin Sci Mol Med Suppl. 1975 June; 2: 171S-174S.
  http://www.ncbi.nlm.nih.gov:80/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list_uids=1077768&dopt=Abstract

- **Yoga and psychoanalysis.**
  Author(s): Neki JS.
  Source: Comprehensive Psychiatry. 1967 June; 8(3): 160-7.
  http://www.ncbi.nlm.nih.gov:80/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list_uids=6046066&dopt=Abstract

- **Yoga and vertebral arteries.**
  Author(s): Russell WR.
  Source: British Medical Journal. 1972 March 11; 1(801): 685.
  http://www.ncbi.nlm.nih.gov:80/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list_uids=5015301&dopt=Abstract

- **Yoga foot drop.**
  Author(s): Chusid J.
  Source: Jama : the Journal of the American Medical Association. 1971 August 9; 217(6): 827-8.
  http://www.ncbi.nlm.nih.gov:80/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list_uids=4327519&dopt=Abstract

- **Yoga training and motor speed based on a finger tapping task.**
  Author(s): Cochrane Database Syst Rev. 2000;(3):CD001524
  Source: Indian J Physiol Pharmacol. 1999 October; 43(4): 458-62.
  /entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list_uids=10908505

- **Yoga, "yogic feats," and hypnosis in the light of empirical research.**
  Author(s): Dalal AS, Barber TX.
  Source: Am J Clin Hypn. 1969 January; 11(3): 155-66. No Abstract Available.
  http://www.ncbi.nlm.nih.gov:80/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list_uids=5764616&dopt=Abstract

- **Yoga.**
  Author(s): Mukherjee DR.
  Source: Indian Med J. 1967 March; 61(3): 74-83. No Abstract Available.
  http://www.ncbi.nlm.nih.gov:80/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list_uids=6040063&dopt=Abstract

- **Yoga--an explanation and probable neurophysiology.**
  Author(s): Ramamurthi B.
  Source: J Indian Med Assoc. 1967 February 16; 48(4): 167-70. No Abstract Available.
  http://www.ncbi.nlm.nih.gov:80/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list_uids=6040126&dopt=Abstract

- **Yoga-induced attacks of acute glaucoma. A case report.**
  Author(s): Fahmy JA, Fledelius H.
  Source: Acta Ophthalmol (Copenh). 1973; 51(1): 80-4. No Abstract Available.
  http://www.ncbi.nlm.nih.gov:80/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list_uids=4739679&dopt=Abstract

CHAPTER 2. NUTRITION AND YOGA

Overview

In this chapter, we will show you how to find studies dedicated specifically to nutrition and yoga.

Finding Nutrition Studies on Yoga

The National Institutes of Health's Office of Dietary Supplements (ODS) offers a searchable bibliographic database called the IBIDS (International Bibliographic Information on Dietary Supplements; National Institutes of Health, Building 31, Room 1B29, 31 Center Drive, MSC 2086, Bethesda, Maryland 20892-2086, Tel: 301-435-2920, Fax: 301-480-1845, E-mail: ods@nih.gov). The IBIDS contains over 460,000 scientific citations and summaries about dietary supplements and nutrition as well as references to published international, scientific literature on dietary supplements such as vitamins, minerals, and botanicals.[7] The IBIDS includes references and citations to both human and animal research studies.

As a service of the ODS, access to the IBIDS database is available free of charge at the following Web address: **http://ods.od.nih.gov/databases/ibids.html**. After entering the search area, you have three choices: (1) IBIDS Consumer Database, (2) Full IBIDS Database, or (3) Peer Reviewed Citations Only.

Now that you have selected a database, click on the "Advanced" tab. An advanced search allows you to retrieve up to 100 fully explained references in a comprehensive format. Type "yoga" (or synonyms) into the search box, and click "Go." To narrow the search, you can also select the "Title" field.

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[7] Adapted from **http://ods.od.nih.gov**. IBIDS is produced by the Office of Dietary Supplements (ODS) at the National Institutes of Health to assist the public, healthcare providers, educators, and researchers in locating credible, scientific information on dietary supplements. IBIDS was developed and will be maintained through an interagency partnership with the Food and Nutrition Information Center of the National Agricultural Library, U.S. Department of Agriculture.

The following information is typical of that found when using the "Full IBIDS Database" to search for "yoga" (or a synonym):

- **Changes in cardiovascular risk factors and hormones during a comprehensive residential three month kriya yoga training and vegetarian nutrition.**
  Author(s): Department of Epidemiology & Social Medicine, Hannover Medical University, Germany.
  Source: Schmidt, T Wijga, A Von Zur Muhlen, A Brabant, G Wagner, T O Acta-Physiol-Scand-Suppl. 1997; 640158-62 0302-2994

- **Coming to a health plan near you: yoga and belladonna.**
  Source: Smith, L Fortune. 1997 September 29; 136(6): 169-70 0015-8259

- **Efficacy of naturopathy and yoga in bronchial asthma--a self controlled matched scientific study.**
  Author(s): Department of Physiology, St. John's Medical College, Bangalore-560 034.
  Source: Sathyaprabha, T N Murthy, H Murthy, B T Indian-J-Physiol-Pharmacol. 2001 January; 45(1): 80-6 0019-5499

- **Retardation of coronary atherosclerosis with yoga lifestyle intervention.**
  Author(s): All India Institute of Medical Sciences, New Delhi, India.
  Source: Manchanda, S C Narang, R Reddy, K S Sachdeva, U Prabhakaran, D Dharmanand, S Rajani, M Bijlani, R J-Assoc-Physicians-India. 2000 July; 48(7): 687-94 0004-5772

- **Sahaja yoga in the management of moderate to severe asthma: a randomised controlled trial.**
  Author(s): Natural Therapies Unit, Royal Hospital for Women, NSW, Australia.
  Source: Manocha, R Marks, G B Kenchington, P Peters, D Salome, C M Thorax. 2002 February; 57(2): 110-5 0040-6376

- **Thermic responses to vegetarian meals and yoga exercise.**
  Source: Agte, V. Chiplonkar, S. Ann-Nutr-Metab. Basel : S. Karger. May/June 1992. volume 36 (3) page 141-147. 0250-6807

- **Treatment of essential hypertension with yoga relaxation therapy in a USAF aviator: a case report.**
  Author(s): Flight Medicine Department, Regional Medical Center, Clark Air Base, Luzon, Republic of the Philippines.
  Source: Brownstein, A H Dembert, M L Aviat-Space-Environ-Med. 1989 July; 60(7): 684-7 0095-6562

- **Yoga and coronary artery disease.**
  Author(s): Department of Cardiology, All India Institute of Medical Sciences, New Delhi.
  Source: Manchanda, S C Narang, R Indian-Heart-J. 1998 Mar-April; 50(2): 227-8 0019-4832

- **Yoga for control of epilepsy.**
  Author(s): Yardi Epilepsy Clinic, Kothrud, Pune, India. nyardi@hotmail.com
  Source: Yardi, N Seizure. 2001 January; 10(1): 7-12 1059-1311

- **Yoga for epilepsy.**
  Author(s): Department of Neurology, Apollo Hospitals, 21 Greams Lane, Off Greams Road, Madras, Tamil Nadu, India, 600006. rsridharan@vsnl.com
  Source: Ramaratnam, S Sridharan, K Cochrane-Database-Syst-Revolume 2000; (3): CD001524 1469-493X

- **Yoga for epilepsy: methodological issues.**
  Author(s): Apollo Hospital, Madras, 600006, India. rsridharan@vsnl.com
  Source: Ramaratnam, S Seizure. 2001 January; 10(1): 3-6 1059-1311
- **Yoga.**
  Author(s): BKS Iyengar Yoga Studio of Philadelphia, Pennsylvania, USA.
  Source: Garfinkel, M Schumacher, H R Rheum-Dis-Clin-North-Am. 2000 February; 26(1): 125-32, x 0889-857X
- **Yoga: intuition, preventive medicine, and treatment.**
  Author(s): College of Nursing, Michigan State University, East Lansing 48824-1317, USA.
  Source: Collins, C J-Obstet-Gynecol-Neonatal-Nurs. 1998 Sep-October; 27(5): 563-8 0884-2175

Federal Resources on Nutrition

In addition to the IBIDS, the United States Department of Health and Human Services (HHS) and the United States Department of Agriculture (USDA) provide many sources of information on general nutrition and health. Recommended resources include:

- healthfinder®, HHS's gateway to health information, including diet and nutrition: **http://www.healthfinder.gov/scripts/SearchContext.asp?topic=238&page=0**
- The United States Department of Agriculture's Web site dedicated to nutrition information: **www.nutrition.gov**
- The Food and Drug Administration's Web site for federal food safety information: **www.foodsafety.gov**
- The National Action Plan on Overweight and Obesity sponsored by the United States Surgeon General: **http://www.surgeongeneral.gov/topics/obesity/**
- The Center for Food Safety and Applied Nutrition has an Internet site sponsored by the Food and Drug Administration and the Department of Health and Human Services: **http://vm.cfsan.fda.gov/**
- Center for Nutrition Policy and Promotion sponsored by the United States Department of Agriculture: **http://www.usda.gov/cnpp/**
- Food and Nutrition Information Center, National Agricultural Library sponsored by the United States Department of Agriculture: **http://www.nal.usda.gov/fnic/**
- Food and Nutrition Service sponsored by the United States Department of Agriculture: **http://www.fns.usda.gov/fns/**

Additional Web Resources

A number of additional Web sites offer encyclopedic information covering food and nutrition. The following is a representative sample:

- AOL: **http://search.aol.com/cat.adp?id=174&layer=&from=subcats**
- Family Village: **http://www.familyvillage.wisc.edu/med_nutrition.html**

- Google: **http://directory.google.com/Top/Health/Nutrition/**
- Healthnotes: **http://www.healthnotes.com/**
- Open Directory Project: **http://dmoz.org/Health/Nutrition/**
- Yahoo.com: **http://dir.yahoo.com/Health/Nutrition/**
- WebMD®Health: **http://my.webmd.com/nutrition**
- WholeHealthMD.com: **http://www.wholehealthmd.com/reflib/0,1529,,00.html**

The following is a specific Web list relating to yoga; please note that any particular subject below may indicate either a therapeutic use, or a contraindication (potential danger), and does not reflect an official recommendation:

- **Minerals**

  Copper
  Source: Healthnotes, Inc. www.healthnotes.com

- **Food and Diet**

  Hypertension
  Source: Healthnotes, Inc. www.healthnotes.com

CHAPTER 3. ALTERNATIVE MEDICINE AND YOGA

Overview

In this chapter, we will begin by introducing you to official information sources on complementary and alternative medicine (CAM) relating to yoga. At the conclusion of this chapter, we will provide additional sources.

The Combined Health Information Database

The Combined Health Information Database (CHID) is a bibliographic database produced by health-related agencies of the U.S. federal government (mostly from the National Institutes of Health) that can offer concise information for a targeted search. The CHID database is updated four times a year at the end of January, April, July, and October. Check the titles, summaries, and availability of CAM-related information by using the "Simple Search" option at the following Web site: **http://chid.nih.gov/simple/simple.html**. In the drop box at the top, select "Complementary and Alternative Medicine." Then type "yoga" (or synonyms) in the second search box. We recommend that you select 100 "documents per page" and to check the "whole records" options. The following was extracted using this technique:

- **Healthcare and Disease Management in Ayurveda**

  Source: Alternative Therapies in Health and Medicine. 7(2): 44-50. March 2001.

  Summary: This journal article describes the methods of diagnosis, treatment, and health maintenance in Ayurveda, the traditional system of health care in India. Because disharmonies of the mental 'doshas' ('satogun,' 'rajogun,' and 'tamogun') and body 'doshas' ('vata,' 'pitta,' and 'kapha') are the major cause of illness, the goal of illness management in Ayurveda is to bring back harmony among the 'doshas.' Management includes clinical examination, diagnosis, dietary and lifestyle interventions, and other treatments. The classical clinical examination is called 'Astha Sthana Pariksha' and includes pulse diagnosis and examination of the urine, stool, tongue, bodily sounds, eye, skin, and total body appearance. Digestive capacity, personal habits, and resilience also are examined. Treatment consists of four parts: (1) 'shodan,' cleansing; (2) 'shaman,' palliation (reduction of disease intensity); (3) 'rasayan,' rejuvenation; and (4) 'satwajaya,' mental nurturing and spiritual healing. The use of 'bhasms' (metal and mineral

preparations) and herbal formulas are preferred over the respective metallic salts or single herbs. Other treatments include **Yoga,** 'marma-sthan' (vital points) therapy, and Ayurvedic massage. The article has 1 table and 28 references.

- **NIH Funds Multi-Site, Collaborative ACM Studies in Portland, Oregon**

  Source: Alternative and Complementary Therapies. 6(1): 32-37. February 2000.

  Summary: This journal article describes the collaborative alternative and complementary medicine (ACM) studies under way in Portland, Oregon. The studies were made possible by grants from the National Institutes of Health to the Oregon Health Sciences University (OHSU) and the Kaiser Permanente Center for Health Research (CHR). The money will fund collaboration among these two institutions and four of Portland's ACM colleges: the National College of Naturopathic Medicine, the Oregon College of Oriental Medicine, the Western States Chiropractic College, and the Oregon School of Massage. OHSU researchers will investigate the effects of ginkgo in neurologic disease and age-related cognitive disorders, the effects of antioxidants in multiple sclerosis (MS), and the effects of **yoga** in older people with MS. CHR studies will examine the effects of nutritional and herbal supplements on periodontal disease; the effects of acupuncture, chiropractic, and massage therapy on temporomandibular joint disorder (TMD); and the effects of traditional Chinese medicine (TCM) and naturopathic medicine in the treatment of women with TMD and multiple health problems. The article includes brief descriptions of the collaborating institutions, the TCM protocol for TMD, and 2 references.

- **Why Meditation?**

  Source: Australian Family Physician. 29(12): 1135-1138. December 2000.

  Summary: This journal article provides an overview of meditation and its effectiveness as a stress reduction technique. Meditation involves achieving a state of 'thoughtless awareness' in which excessive stress producing activity of the mind is neutralized without reducing alertness. Although meditation differs from relaxation techniques, the components that constitute this difference have not yet been clearly defined. Authentic meditation enables one to focus on the present moment rather than dwell on the unchangeable past or undetermined future. Although there are many different meditation techniques, the author describes transcendental meditation, mindfulness, and Sahaja **Yoga.** However, there is little quality evidence comparing one meditation technique with another or with relaxation techniques. One theory proposed to explain the effects of meditation and relaxation techniques is that the release of catecholamines and other stress hormones are reduced and parasympathetic activity is increased. Whether meditation involves other unique neurophysiological effects remains to be proven. The article has 18 references.

- **Complementary/Alternative Therapies: So Many Choices**

  Source: Geriatric Nursing. 20(3): 125-133. May-June 1999.

  Summary: This journal article provides an overview of the some of the most commonly used types of complementary and alternative medicine (CAM) therapies. In the author's opinion, nurses need to become more knowledgeable about these therapies and their potential risks and benefits so they can give patients accurate information and help them make informed decisions. This article summarizes the basic principles, practices, reported effects, and potential risks of the following CAM therapies: energy therapies, crystal therapy, acupuncture and acupressure, reflexology, massage, aromatherapy,

homeopathy, herbal medicines, flower essences, magnet therapy, chiropractic care, craniosacral therapy, imagery and relaxation, exercises (tai chi, qigong, yoga), and meditation. The article has 3 tables and 57 references.

- **Alternative Medicine Update**

  Source: Alternative Health Practitioner. 3(3): 157-160. Fall/Winter 1997.

  Summary: This journal article reports the results of 12 studies funded by the Office of Alternative Medicine in 1993 and 1994. The studies were classified as either mind/body interventions or as pharmacological or biological treatments. The 10 mind/body intervention studies include the following therapies: biofeedback, dance movement therapy, guided imagery, hypnotic imagery, music therapy, prayer, and **Yoga.** Conditions studied include pain, diabetes mellitus, cystic fibrosis, asthma, immunity, cancer, AIDS, brain injury, and drug abuse. The two pharmacological and biological studies were 'Enzyme Therapy and Experimental Memory Metastasis' and 'Pharmacological Treatment of Cancer by Antioxidants.'.

National Center for Complementary and Alternative Medicine

The National Center for Complementary and Alternative Medicine (NCCAM) of the National Institutes of Health (**http://nccam.nih.gov/**) has created a link to the National Library of Medicine's databases to facilitate research for articles that specifically relate to yoga and complementary medicine. To search the database, go to the following Web site: **http://www.nlm.nih.gov/nccam/camonpubmed.html**. Select "CAM on PubMed." Enter "yoga" (or synonyms) into the search box. Click "Go." The following references provide information on particular aspects of complementary and alternative medicine that are related to yoga:

- **A combination of focusing and defocusing through yoga reduces optical illusion more than focusing alone.**
  Author(s): Telles S, Nagarathna R, Vani PR, Nagendra HR.
  Source: Indian J Physiol Pharmacol. 1997 April; 41(2): 179-82.
  http://www.ncbi.nlm.nih.gov:80/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list_uids=9142567&dopt=Abstract

- **A metaphysics of living systems: the Yoga-Vasistha view.**
  Author(s): Narasimha R.
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  Author(s): Brosnan B.
  Source: Nurs Mirror. 1979 January 11; 148(2): 16-9. No Abstract Available.
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  Source: Lancet. 1990 November 10; 336(8724): 1192.
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  Author(s): Mackinnon SE, Novak CB.
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  Author(s): Daniell HW.
  Source: Jama : the Journal of the American Medical Association. 1999 June 9; 281(22): 2087; Author Reply 2088-9.
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  Author(s): Yardi N.
  Source: Seizure : the Journal of the British Epilepsy Association. 2001 January; 10(1): 7-12.
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  Author(s): Hider J.
  Source: Nurs Mirror. 1983 March 9; 156(10): 18-21. No Abstract Available.
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  Author(s): Weller S.
  Source: Can Nurse. 1977 May; 73(5): 20-3. No Abstract Available.
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  Author(s): Armstrong H.
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  Author(s): Ross T.
  Source: Nurs Mirror. 1980 July 3; 150(21): 24-6. No Abstract Available.
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  Author(s): Vempati RP, Telles S.
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Additional Web Resources

A number of additional Web sites offer encyclopedic information covering CAM and related topics. The following is a representative sample:

- Alternative Medicine Foundation, Inc.: **http://www.herbmed.org/**

- AOL: **http://search.aol.com/cat.adp?id=169&layer=&from=subcats**
- Chinese Medicine: **http://www.newcenturynutrition.com/**
- drkoop.com®: **http://www.drkoop.com/InteractiveMedicine/IndexC.html**
- Family Village: **http://www.familyvillage.wisc.edu/med_altn.htm**
- Google: **http://directory.google.com/Top/Health/Alternative/**
- Healthnotes: **http://www.healthnotes.com/**
- MedWebPlus: **http://medwebplus.com/subject/Alternative_and_Complementary_Medicine**
- Open Directory Project: **http://dmoz.org/Health/Alternative/**
- HealthGate: **http://www.tnp.com/**
- WebMD®Health: **http://my.webmd.com/drugs_and_herbs**
- WholeHealthMD.com: **http://www.wholehealthmd.com/reflib/0,1529,,00.html**
- Yahoo.com: **http://dir.yahoo.com/Health/Alternative_Medicine/**

The following is a specific Web list relating to yoga; please note that any particular subject below may indicate either a therapeutic use, or a contraindication (potential danger), and does not reflect an official recommendation:

- **General Overview**

  AIDS and HIV
  Source: Integrative Medicine Communications; www.drkoop.com

  Arteries, Hardening of
  Source: Integrative Medicine Communications; www.drkoop.com

  Arteriosclerosis
  Source: Integrative Medicine Communications; www.drkoop.com

  Arthritis, Osteo-
  Source: Integrative Medicine Communications; www.drkoop.com

  Asthma
  Source: Integrative Medicine Communications; www.drkoop.com

  Atherosclerosis
  Source: Integrative Medicine Communications; www.drkoop.com

  Bone Loss
  Source: Integrative Medicine Communications; www.drkoop.com

  Brain Cancer
  Source: Integrative Medicine Communications; www.drkoop.com

Bulimia Nervosa
Source: Integrative Medicine Communications; www.drkoop.com

Cancer, Brain
Source: Integrative Medicine Communications; www.drkoop.com

Cholesterol, High
Source: Integrative Medicine Communications; www.drkoop.com

Chronic Fatigue Syndrome
Source: Integrative Medicine Communications; www.drkoop.com

Chronic Obstructive Pulmonary Disease
Source: Integrative Medicine Communications; www.drkoop.com

Coronary Artery Disease
Source: Integrative Medicine Communications; www.drkoop.com

Crohn's Disease
Source: Integrative Medicine Communications; www.drkoop.com

Depression
Source: Healthnotes, Inc. www.healthnotes.com

Depression
Source: Integrative Medicine Communications; www.drkoop.com

Dermatitis
Source: Integrative Medicine Communications; www.drkoop.com

Diabetes Mellitus
Source: Integrative Medicine Communications; www.drkoop.com

Dysmenorrhea
Source: Integrative Medicine Communications; www.drkoop.com

Eating Disorders, Bulimia
Source: Integrative Medicine Communications; www.drkoop.com

Eczema
Source: Integrative Medicine Communications; www.drkoop.com

Emphysema
Source: Integrative Medicine Communications; www.drkoop.com

Fatigue, Chronic Syndrome
Source: Integrative Medicine Communications; www.drkoop.com

Headache, Tension
Source: Integrative Medicine Communications; www.drkoop.com

Heart Attack
Source: Integrative Medicine Communications; www.drkoop.com

High Cholesterol
Source: Integrative Medicine Communications; www.drkoop.com

HIV and AIDS
Source: Integrative Medicine Communications; www.drkoop.com

Hypercholesterolemia
Source: Integrative Medicine Communications; www.drkoop.com

Incontinence, Urinary
Source: Integrative Medicine Communications; www.drkoop.com

Inflammatory Bowel Disease
Source: Integrative Medicine Communications; www.drkoop.com

Inflammatory Bowel Disease, Crohn's
Source: Integrative Medicine Communications; www.drkoop.com

Insomnia
Source: Integrative Medicine Communications; www.drkoop.com

Lymphoma
Source: Integrative Medicine Communications; www.drkoop.com

Menstrual Pain
Source: Integrative Medicine Communications; www.drkoop.com

Myocardial Infarction
Source: Integrative Medicine Communications; www.drkoop.com

Obesity
Source: Integrative Medicine Communications; www.drkoop.com

Osteoarthritis
Source: Integrative Medicine Communications; www.drkoop.com

Osteoporosis
Source: Integrative Medicine Communications; www.drkoop.com

Proctitis
Source: Integrative Medicine Communications; www.drkoop.com

Rectal Inflammation
Source: Integrative Medicine Communications; www.drkoop.com

Skin Disorders, Dermatitis
Source: Integrative Medicine Communications; www.drkoop.com

Skin Disorders, Eczema
Source: Integrative Medicine Communications; www.drkoop.com

Sleeplessness
Source: Integrative Medicine Communications; www.drkoop.com

Tension Headache
Source: Integrative Medicine Communications; www.drkoop.com

Ulcerative Colitis
Source: Integrative Medicine Communications; www.drkoop.com

Urinary Incontinence
Source: Integrative Medicine Communications; www.drkoop.com

- **Alternative Therapy**

Acro-sage
Source: The Canoe version of A Dictionary of Alternative-Medicine Methods, by Priorities for Health editor Jack Raso, M.S., R.D.
Hyperlink: http://www.canoe.ca/AltmedDictionary/a.html

Actualism
Alternative names: Actualism Lightwork agni yoga Fire Yoga lightwork
Source: The Canoe version of A Dictionary of Alternative-Medicine Methods, by Priorities for Health editor Jack Raso, M.S., R.D.
Hyperlink: http://www.canoe.ca/AltmedDictionary/a.html

Acu-yoga
Source: The Canoe version of A Dictionary of Alternative-Medicine Methods, by Priorities for Health editor Jack Raso, M.S., R.D.
Hyperlink: http://www.canoe.ca/AltmedDictionary/a.html

Agni Dhatu Therapy
Alternative names: Agni Dhatu Samadhi Yoga
Source: The Canoe version of A Dictionary of Alternative-Medicine Methods, by Priorities for Health editor Jack Raso, M.S., R.D.
Hyperlink: http://www.canoe.ca/AltmedDictionary/a.html

Arhatic Yoga
Alternative names: Arhatic Yoga System
Source: The Canoe version of A Dictionary of Alternative-Medicine Methods, by Priorities for Health editor Jack Raso, M.S., R.D.
Hyperlink: http://www.canoe.ca/AltmedDictionary/a.html

Astanga yoga
Alternative names: Ashtanga Yoga Raja Yoga
Source: The Canoe version of A Dictionary of Alternative-Medicine Methods, by Priorities for Health editor Jack Raso, M.S., R.D.
Hyperlink: http://www.canoe.ca/AltmedDictionary/a.html

Attitudinal healing
Source: The Canoe version of A Dictionary of Alternative-Medicine Methods, by Priorities for Health editor Jack Raso, M.S., R.D.
Hyperlink: http://www.canoe.ca/AltmedDictionary/a.html

Ayurveda
Source: Integrative Medicine Communications; www.drkoop.com

Ayurveda
Source: WholeHealthMD.com, LLC. www.wholehealthmd.com
Hyperlink:
http://www.wholehealthmd.com/refshelf/substances_view/0,1525,672,00.html

Bateman Health System
Source: The Canoe version of A Dictionary of Alternative-Medicine Methods, by Priorities for Health editor Jack Raso, M.S., R.D.
Hyperlink: http://www.canoe.ca/AltmedDictionary/b.html

Bhramari
Source: The Canoe version of A Dictionary of Alternative-Medicine Methods, by Priorities for Health editor Jack Raso, M.S., R.D.
Hyperlink: http://www.canoe.ca/AltmedDictionary/b.html

Bhuta shuddhi
Source: The Canoe version of A Dictionary of Alternative-Medicine Methods, by Priorities for Health editor Jack Raso, M.S., R.D.
Hyperlink: http://www.canoe.ca/AltmedDictionary/b.html

Bikram Yoga
Source: The Canoe version of A Dictionary of Alternative-Medicine Methods, by Priorities for Health editor Jack Raso, M.S., R.D.
Hyperlink: http://www.canoe.ca/AltmedDictionary/b.html

Biofeedback
Source: WholeHealthMD.com, LLC. www.wholehealthmd.com
Hyperlink:
http://www.wholehealthmd.com/refshelf/substances_view/0,1525,675,00.html

Biogram Therapy
Alternative names: biogram healing Biogram Healing System biogram mind-body healing Biogram System
Source: The Canoe version of A Dictionary of Alternative-Medicine Methods, by Priorities for Health editor Jack Raso, M.S., R.D.
Hyperlink: http://www.canoe.ca/AltmedDictionary/b.html

BodyWisdom
Alternative names: BodyWisdom Therapy
Source: The Canoe version of A Dictionary of Alternative-Medicine Methods, by Priorities for Health editor Jack Raso, M.S., R.D.
Hyperlink: http://www.canoe.ca/AltmedDictionary/b.html

Chakra Innertuning Therapy
Source: The Canoe version of A Dictionary of Alternative-Medicine Methods, by Priorities for Health editor Jack Raso, M.S., R.D.
Hyperlink: http://www.canoe.ca/AltmedDictionary/c.html

Chakra yoga
Source: The Canoe version of A Dictionary of Alternative-Medicine Methods, by Priorities for Health editor Jack Raso, M.S., R.D.
Hyperlink: http://www.canoe.ca/AltmedDictionary/c.html

Choi Kwang Do
Source: The Canoe version of A Dictionary of Alternative-Medicine Methods, by Priorities for Health editor Jack Raso, M.S., R.D.
Hyperlink: http://www.canoe.ca/AltmedDictionary/c.html

Christian Yoga
Source: The Canoe version of A Dictionary of Alternative-Medicine Methods, by Priorities for Health editor Jack Raso, M.S., R.D.
Hyperlink: http://www.canoe.ca/AltmedDictionary/c.html

ContactYoga
Source: The Canoe version of A Dictionary of Alternative-Medicine Methods, by Priorities for Health editor Jack Raso, M.S., R.D.
Hyperlink: http://www.canoe.ca/AltmedDictionary/c.html

Divine will healing
Source: The Canoe version of A Dictionary of Alternative-Medicine Methods, by Priorities for Health editor Jack Raso, M.S., R.D.
Hyperlink: http://www.canoe.ca/AltmedDictionary/d.html

Do-In
Source: The Canoe version of A Dictionary of Alternative-Medicine Methods, by Priorities for Health editor Jack Raso, M.S., R.D.
Hyperlink: http://www.canoe.ca/AltmedDictionary/d.html

Fasting
Source: WholeHealthMD.com, LLC. www.wholehealthmd.com
Hyperlink:
http://www.wholehealthmd.com/refshelf/substances_view/0,1525,694,00.html

Five Rites of rejuvenation
Alternative names: Five Rites The Five Tibetans Tibetan Five Rites
Source: The Canoe version of A Dictionary of Alternative-Medicine Methods, by Priorities for Health editor Jack Raso, M.S., R.D.
Hyperlink: http://www.canoe.ca/AltmedDictionary/f.html

Gong Yoga (Gong Shui)
Source: The Canoe version of A Dictionary of Alternative-Medicine Methods, by Priorities for Health editor Jack Raso, M.S., R.D.
Hyperlink: http://www.canoe.ca/AltmedDictionary/g.html

GRUBERwork
Source: The Canoe version of A Dictionary of Alternative-Medicine Methods, by Priorities for Health editor Jack Raso, M.S., R.D.
Hyperlink: http://www.canoe.ca/AltmedDictionary/g.html

Hatha yoga
Source: The Canoe version of A Dictionary of Alternative-Medicine Methods, by Priorities for Health editor Jack Raso, M.S., R.D.
Hyperlink: http://www.canoe.ca/AltmedDictionary/h.html

Healing Yoga
Source: The Canoe version of A Dictionary of Alternative-Medicine Methods, by Priorities for Health editor Jack Raso, M.S., R.D.
Hyperlink: http://www.canoe.ca/AltmedDictionary/h.html

Healtheology
Source: The Canoe version of A Dictionary of Alternative-Medicine Methods, by Priorities for Health editor Jack Raso, M.S., R.D.
Hyperlink: http://www.canoe.ca/AltmedDictionary/h.html

Holistic medicine
Source: The Canoe version of A Dictionary of Alternative-Medicine Methods, by Priorities for Health editor Jack Raso, M.S., R.D.
Hyperlink: http://www.canoe.ca/AltmedDictionary/h.html

Indian Systems of Medicine (ISM)
Source: The Canoe version of A Dictionary of Alternative-Medicine Methods, by Priorities for Health editor Jack Raso, M.S., R.D.
Hyperlink: http://www.canoe.ca/AltmedDictionary/i.html

Inner Yoga
Source: The Canoe version of A Dictionary of Alternative-Medicine Methods, by Priorities for Health editor Jack Raso, M.S., R.D.
Hyperlink: http://www.canoe.ca/AltmedDictionary/i.html

Integral counseling psychology
Source: The Canoe version of A Dictionary of Alternative-Medicine Methods, by Priorities for Health editor Jack Raso, M.S., R.D.
Hyperlink: http://www.canoe.ca/AltmedDictionary/i.html

Integral Yoga
Alternative names: Purna-Yoga
Source: The Canoe version of A Dictionary of Alternative-Medicine Methods, by Priorities for Health editor Jack Raso, M.S., R.D.
Hyperlink: http://www.canoe.ca/AltmedDictionary/i.html

Integrative Yoga Therapy
Alternative names: IYT
Source: The Canoe version of A Dictionary of Alternative-Medicine Methods, by Priorities for Health editor Jack Raso, M.S., R.D.
Hyperlink: http://www.canoe.ca/AltmedDictionary/i.html

Iyengar Yoga
Alternative names: Iyengar-style yoga
Source: The Canoe version of A Dictionary of Alternative-Medicine Methods, by Priorities for Health editor Jack Raso, M.S., R.D.
Hyperlink: http://www.canoe.ca/AltmedDictionary/i.html

Jewish meditation
Alternative names: Jewish mysticism the Kabbalistic System of Insight
Source: The Canoe version of A Dictionary of Alternative-Medicine Methods, by Priorities for Health editor Jack Raso, M.S., R.D.
Hyperlink: http://www.canoe.ca/AltmedDictionary/j.html

Jin Shin Do
Alternative names: Jin Shin Do Bodymind Acupressure The Way of the Compassionate Spirit
Source: The Canoe version of A Dictionary of Alternative-Medicine Methods, by Priorities for Health editor Jack Raso, M.S., R.D.
Hyperlink: http://www.canoe.ca/AltmedDictionary/j.html

Kali Yoga
Source: The Canoe version of A Dictionary of Alternative-Medicine Methods, by Priorities for Health editor Jack Raso, M.S., R.D.
Hyperlink: http://www.canoe.ca/AltmedDictionary/k.html

Kripalu Bodywork
Source: The Canoe version of A Dictionary of Alternative-Medicine Methods, by Priorities for Health editor Jack Raso, M.S., R.D.
Hyperlink: http://www.canoe.ca/AltmedDictionary/k.html

Kripalu DansKinetics
Source: The Canoe version of A Dictionary of Alternative-Medicine Methods, by Priorities for Health editor Jack Raso, M.S., R.D.
Hyperlink: http://www.canoe.ca/AltmedDictionary/k.html

Kripalu Yoga
Source: The Canoe version of A Dictionary of Alternative-Medicine Methods, by Priorities for Health editor Jack Raso, M.S., R.D.
Hyperlink: http://www.canoe.ca/AltmedDictionary/k.html

Kriya Yoga
Alternative names: Kriya
Source: The Canoe version of A Dictionary of Alternative-Medicine Methods, by Priorities for Health editor Jack Raso, M.S., R.D.
Hyperlink: http://www.canoe.ca/AltmedDictionary/k.html

Kulkarni Naturopathy
Source: The Canoe version of A Dictionary of Alternative-Medicine Methods, by Priorities for Health editor Jack Raso, M.S., R.D.
Hyperlink: http://www.canoe.ca/AltmedDictionary/k.html

Kundalini yoga
Alternative names: Shakti Yoga tantra yoga
Source: The Canoe version of A Dictionary of Alternative-Medicine Methods, by Priorities for Health editor Jack Raso, M.S., R.D.
Hyperlink: http://www.canoe.ca/AltmedDictionary/k.html

Lama Yoga
Source: The Canoe version of A Dictionary of Alternative-Medicine Methods, by Priorities for Health editor Jack Raso, M.S., R.D.
Hyperlink: http://www.canoe.ca/AltmedDictionary/l.html

L'Chaim Yoga
Source: The Canoe version of A Dictionary of Alternative-Medicine Methods, by Priorities for Health editor Jack Raso, M.S., R.D.
Hyperlink: http://www.canoe.ca/AltmedDictionary/l.html

Living Whole
Source: The Canoe version of A Dictionary of Alternative-Medicine Methods, by Priorities for Health editor Jack Raso, M.S., R.D.
Hyperlink: http://www.canoe.ca/AltmedDictionary/l.html

Living Yoga Training
Alternative names: LYT LYT program Living Yoga Training program
Source: The Canoe version of A Dictionary of Alternative-Medicine Methods, by Priorities for Health editor Jack Raso, M.S., R.D.
Hyperlink: http://www.canoe.ca/AltmedDictionary/l.html

Maharishi Ayur-Ved
Alternative names: Ayur-Ved Maharishi Ayurveda; formerly called "Maharishi Ayur-Veda"
Source: The Canoe version of A Dictionary of Alternative-Medicine Methods, by Priorities for Health editor Jack Raso, M.S., R.D.
Hyperlink: http://www.canoe.ca/AltmedDictionary/m.html

Mantra Yoga Meditation
Alternative names: MYM MYM technique
Source: The Canoe version of A Dictionary of Alternative-Medicine Methods, by Priorities for Health editor Jack Raso, M.S., R.D.
Hyperlink: http://www.canoe.ca/AltmedDictionary/m.html

Meditation
Source: WholeHealthMD.com, LLC. www.wholehealthmd.com
Hyperlink:
http://www.wholehealthmd.com/refshelf/substances_view/0,1525,717,00.html

Mentalphysics
Alternative names: Science of Mentalphysics
Source: The Canoe version of A Dictionary of Alternative-Medicine Methods, by Priorities for Health editor Jack Raso, M.S., R.D.
Hyperlink: http://www.canoe.ca/AltmedDictionary/m.html

Metta Touch
Source: The Canoe version of A Dictionary of Alternative-Medicine Methods, by Priorities for Health editor Jack Raso, M.S., R.D.
Hyperlink: http://www.canoe.ca/AltmedDictionary/m.html

Mind/Body Medicine
Source: Healthnotes, Inc. www.healthnotes.com

Nadi shodhanam
Alternative names: channel purification
Source: The Canoe version of A Dictionary of Alternative-Medicine Methods, by Priorities for Health editor Jack Raso, M.S., R.D.
Hyperlink: http://www.canoe.ca/AltmedDictionary/n.html

Nsoromma Body Therapy
Source: The Canoe version of A Dictionary of Alternative-Medicine Methods, by Priorities for Health editor Jack Raso, M.S., R.D.
Hyperlink: http://www.canoe.ca/AltmedDictionary/n.html

Nuad Bo Rarn
Alternative names: Thailand medical massage
Source: The Canoe version of A Dictionary of Alternative-Medicine Methods, by Priorities for Health editor Jack Raso, M.S., R.D.
Hyperlink: http://www.canoe.ca/AltmedDictionary/n.html

Oki-Do
Alternative names: Master Oki's way Okido Okido way of living
Source: The Canoe version of A Dictionary of Alternative-Medicine Methods, by Priorities for Health editor Jack Raso, M.S., R.D.
Hyperlink: http://www.canoe.ca/AltmedDictionary/o.html

Pan-Eu-Rhythmia
Source: The Canoe version of A Dictionary of Alternative-Medicine Methods, by Priorities for Health editor Jack Raso, M.S., R.D.
Hyperlink: http://www.canoe.ca/AltmedDictionary/p.html

Phoenix Rising Yoga Therapy
Alternative names: Phoenix Rising
Source: The Canoe version of A Dictionary of Alternative-Medicine Methods, by Priorities for Health editor Jack Raso, M.S., R.D.
Hyperlink: http://www.canoe.ca/AltmedDictionary/p.html

Polarity energy balancing massage
Source: The Canoe version of A Dictionary of Alternative-Medicine Methods, by Priorities for Health editor Jack Raso, M.S., R.D.
Hyperlink: http://www.canoe.ca/AltmedDictionary/p.html

Polarity Therapy
Alternative names: Polarity polarity balancing Polarity Energy Balancing Polarity Energy Balancing system polarity energy healing polarity healing polarity system Polarity techniques Polarity Wellness
Source: The Canoe version of A Dictionary of Alternative-Medicine Methods, by Priorities for Health editor Jack Raso, M.S., R.D.
Hyperlink: http://www.canoe.ca/AltmedDictionary/p.html

Polarity therapy
Source: WholeHealthMD.com, LLC. www.wholehealthmd.com
Hyperlink:
http://www.wholehealthmd.com/refshelf/substances_view/0,1525,727,00.html

Polarity Yoga
Alternative names: polarity exercise
Source: The Canoe version of A Dictionary of Alternative-Medicine Methods, by Priorities for Health editor Jack Raso, M.S., R.D.
Hyperlink: http://www.canoe.ca/AltmedDictionary/p.html

Power Yoga
Alternative names: Ashtanga
Source: The Canoe version of A Dictionary of Alternative-Medicine Methods, by Priorities for Health editor Jack Raso, M.S., R.D.
Hyperlink: http://www.canoe.ca/AltmedDictionary/p.html

Prana Yoga
Source: The Canoe version of A Dictionary of Alternative-Medicine Methods, by Priorities for Health editor Jack Raso, M.S., R.D.
Hyperlink: http://www.canoe.ca/AltmedDictionary/p.html

Pranayama
Source: The Canoe version of A Dictionary of Alternative-Medicine Methods, by Priorities for Health editor Jack Raso, M.S., R.D.
Hyperlink: http://www.canoe.ca/AltmedDictionary/p.html

Pranic crystal healing
Source: The Canoe version of A Dictionary of Alternative-Medicine Methods, by Priorities for Health editor Jack Raso, M.S., R.D.
Hyperlink: http://www.canoe.ca/AltmedDictionary/p.html

Qigong
Alternative names: also spelled "chi gong and chi gung"; originally called daoyin
Source: The Canoe version of A Dictionary of Alternative-Medicine Methods, by Priorities for Health editor Jack Raso, M.S., R.D.
Hyperlink: http://www.canoe.ca/AltmedDictionary/q.html

Qigong
Source: WholeHealthMD.com, LLC. www.wholehealthmd.com
Hyperlink:
http://www.wholehealthmd.com/refshelf/substances_view/0,1525,729,00.html

QiGong Yoga Body Therapy
Source: The Canoe version of A Dictionary of Alternative-Medicine Methods, by Priorities for Health editor Jack Raso, M.S., R.D.
Hyperlink: http://www.canoe.ca/AltmedDictionary/q.html

Ray methods of healing
Source: The Canoe version of A Dictionary of Alternative-Medicine Methods, by Priorities for Health editor Jack Raso, M.S., R.D.
Hyperlink: http://www.canoe.ca/AltmedDictionary/r.html

Rolfing
Alternative names: Rolfing Method of Structural Integration structural integration structural processing
Source: The Canoe version of A Dictionary of Alternative-Medicine Methods, by Priorities for Health editor Jack Raso, M.S., R.D.
Hyperlink: http://www.canoe.ca/AltmedDictionary/r.html

Rolfing
Source: WholeHealthMD.com, LLC. www.wholehealthmd.com
Hyperlink:
http://www.wholehealthmd.com/refshelf/substances_view/0,1525,732,00.html

Shabda Yoga
Source: The Canoe version of A Dictionary of Alternative-Medicine Methods, by Priorities for Health editor Jack Raso, M.S., R.D.
Hyperlink: http://www.canoe.ca/AltmedDictionary/s.html

Somatic therapy
Alternative names: somatic disciplines somatic methods somatics somatic techniques somatic therapies
Source: The Canoe version of A Dictionary of Alternative-Medicine Methods, by Priorities for Health editor Jack Raso, M.S., R.D.
Hyperlink: http://www.canoe.ca/AltmedDictionary/s.html

Synergy Dance
Source: The Canoe version of A Dictionary of Alternative-Medicine Methods, by Priorities for Health editor Jack Raso, M.S., R.D.
Hyperlink: http://www.canoe.ca/AltmedDictionary/s.html

Synergy Yoga
Source: The Canoe version of A Dictionary of Alternative-Medicine Methods, by Priorities for Health editor Jack Raso, M.S., R.D.
Hyperlink: http://www.canoe.ca/AltmedDictionary/s.html

Tai Chi
Source: Integrative Medicine Communications; www.drkoop.com

Tai chi
Alternative names: tai chi chuan
Source: The Canoe version of A Dictionary of Alternative-Medicine Methods, by Priorities for Health editor Jack Raso, M.S., R.D.
Hyperlink: http://www.canoe.ca/AltmedDictionary/t.html

T'ai Chi Dao Yin
Source: The Canoe version of A Dictionary of Alternative-Medicine Methods, by Priorities for Health editor Jack Raso, M.S., R.D.
Hyperlink: http://www.canoe.ca/AltmedDictionary/t.html

Tantra
Alternative names: Tantra Yoga
Source: The Canoe version of A Dictionary of Alternative-Medicine Methods, by Priorities for Health editor Jack Raso, M.S., R.D.
Hyperlink: http://www.canoe.ca/AltmedDictionary/t.html

Thai Massage
Source: The Canoe version of A Dictionary of Alternative-Medicine Methods, by Priorities for Health editor Jack Raso, M.S., R.D.
Hyperlink: http://www.canoe.ca/AltmedDictionary/t.html

Thai Massage-Reflex Yoga with MettaTouch
Source: The Canoe version of A Dictionary of Alternative-Medicine Methods, by Priorities for Health editor Jack Raso, M.S., R.D.
Hyperlink: http://www.canoe.ca/AltmedDictionary/t.html

Thirty-day energetic workout
Source: The Canoe version of A Dictionary of Alternative-Medicine Methods, by Priorities for Health editor Jack Raso, M.S., R.D.
Hyperlink: http://www.canoe.ca/AltmedDictionary/t.html

Three Phase Workout
Source: The Canoe version of A Dictionary of Alternative-Medicine Methods, by Priorities for Health editor Jack Raso, M.S., R.D.
Hyperlink: http://www.canoe.ca/AltmedDictionary/t.html

TM-Sidhi
Alternative names: TM-Sidhi program Transcendental Meditation Sidhi program yogic flying
Source: The Canoe version of A Dictionary of Alternative-Medicine Methods, by Priorities for Health editor Jack Raso, M.S., R.D.
Hyperlink: http://www.canoe.ca/AltmedDictionary/t.html

Trager
Alternative names: psychophysical integration Trager approach Trager bodywork Tragering Trager method Trager Psychophysical Integration Tragerwork
Source: The Canoe version of A Dictionary of Alternative-Medicine Methods, by Priorities for Health editor Jack Raso, M.S., R.D.
Hyperlink: http://www.canoe.ca/AltmedDictionary/t.html

Transcendental Meditation
Alternative names: TM
Source: The Canoe version of A Dictionary of Alternative-Medicine Methods, by Priorities for Health editor Jack Raso, M.S., R.D.
Hyperlink: http://www.canoe.ca/AltmedDictionary/t.html

Transformational Breath
Alternative names: Transformational Breathing Transformational Breathwork
Source: The Canoe version of A Dictionary of Alternative-Medicine Methods, by Priorities for Health editor Jack Raso, M.S., R.D.
Hyperlink: http://www.canoe.ca/AltmedDictionary/t.html

TranZenDans Kinetics
Source: The Canoe version of A Dictionary of Alternative-Medicine Methods, by Priorities for Health editor Jack Raso, M.S., R.D.
Hyperlink: http://www.canoe.ca/AltmedDictionary/t.html

Twelve stages of healing
Source: The Canoe version of A Dictionary of Alternative-Medicine Methods, by Priorities for Health editor Jack Raso, M.S., R.D.
Hyperlink: http://www.canoe.ca/AltmedDictionary/t.html

Wai Lana Yoga
Source: The Canoe version of A Dictionary of Alternative-Medicine Methods, by Priorities for Health editor Jack Raso, M.S., R.D.
Hyperlink: http://www.canoe.ca/AltmedDictionary/w.html

White Tantra
Source: The Canoe version of A Dictionary of Alternative-Medicine Methods, by Priorities for Health editor Jack Raso, M.S., R.D.
Hyperlink: http://www.canoe.ca/AltmedDictionary/w.html

Yantra Yoga
Alternative names: Tibetan Yantra Yoga Yantra Tibetan Yoga
Source: The Canoe version of A Dictionary of Alternative-Medicine Methods, by Priorities for Health editor Jack Raso, M.S., R.D.
Hyperlink: http://www.canoe.ca/AltmedDictionary/y.html

Yoga
Source: Healthnotes, Inc. www.healthnotes.com

Yoga
Source: Integrative Medicine Communications; www.drkoop.com

Yoga
Source: The Canoe version of A Dictionary of Alternative-Medicine Methods, by Priorities for Health editor Jack Raso, M.S., R.D.
Hyperlink: http://www.canoe.ca/AltmedDictionary/y.html

Yoga
Source: WholeHealthMD.com, LLC. www.wholehealthmd.com
Hyperlink:
http://www.wholehealthmd.com/refshelf/substances_view/0,1525,746,00.html

Yoga for Busy People
Alternative names: YBP Yoga for Busy People method
Source: The Canoe version of A Dictionary of Alternative-Medicine Methods, by Priorities for Health editor Jack Raso, M.S., R.D.
Hyperlink: http://www.canoe.ca/AltmedDictionary/y.html

Yoga Nutrition
Source: The Canoe version of A Dictionary of Alternative-Medicine Methods, by Priorities for Health editor Jack Raso, M.S., R.D.
Hyperlink: http://www.canoe.ca/AltmedDictionary/y.html

Yoga therapy
Source: The Canoe version of A Dictionary of Alternative-Medicine Methods, by Priorities for Health editor Jack Raso, M.S., R.D.
Hyperlink: http://www.canoe.ca/AltmedDictionary/y.html

YogaCraft Yoga Qi Gong Therapy
Source: The Canoe version of A Dictionary of Alternative-Medicine Methods, by Priorities for Health editor Jack Raso, M.S., R.D.
Hyperlink: http://www.canoe.ca/AltmedDictionary/y.html

Yogassage
Source: The Canoe version of A Dictionary of Alternative-Medicine Methods, by Priorities for Health editor Jack Raso, M.S., R.D.
Hyperlink: http://www.canoe.ca/AltmedDictionary/y.html

Yogic Flying
Source: The Canoe version of A Dictionary of Alternative-Medicine Methods, by Priorities for Health editor Jack Raso, M.S., R.D.
Hyperlink: http://www.canoe.ca/AltmedDictionary/y.html

Yogic Neuromuscular Therapy
Source: The Canoe version of A Dictionary of Alternative-Medicine Methods, by Priorities for Health editor Jack Raso, M.S., R.D.
Hyperlink: http://www.canoe.ca/AltmedDictionary/y.html

Yotsu
Source: The Canoe version of A Dictionary of Alternative-Medicine Methods, by Priorities for Health editor Jack Raso, M.S., R.D.
Hyperlink: http://www.canoe.ca/AltmedDictionary/y.html

- **Herbs and Supplements**

Ayurvedic Herbs
Source: Healthnotes, Inc. www.healthnotes.com

Panax
Alternative names: Ginseng; Panax ginseng
Source: Alternative Medicine Foundation, Inc. www.amfoundation.org

Willow Bark
Alternative names: There are several species of willow includingSalix alba, Salix nigra, Salix fragilis, Salix purpurea, Salix babylonica, White Willow, European Willow, Black Willow, Pussy Willow, Crack Willow, Purple Willow, Weeping Willow, Liu-zhi
Source: Integrative Medicine Communications; www.drkoop.com

General References

A good place to find general background information on CAM is the National Library of Medicine. It has prepared within the MEDLINEplus system an information topic page dedicated to complementary and alternative medicine. To access this page, go to the MEDLINEplus site at **http://www.nlm.nih.gov/medlineplus/alternativemedicine.html**. This Web site provides a general overview of various topics and can lead to a number of general sources.

CHAPTER 4. DISSERTATIONS ON YOGA

Overview

In this chapter, we will give you a bibliography on recent dissertations relating to yoga. We will also provide you with information on how to use the Internet to stay current on dissertations. **IMPORTANT NOTE:** When following the search strategy described below, you may discover non-medical dissertations that use the generic term "yoga" (or a synonym) in their titles. To accurately reflect the results that you might find while conducting research on yoga, we have not necessarily excluded non-medical dissertations in this bibliography.

Dissertations on Yoga

ProQuest Digital Dissertations, the largest archive of academic dissertations available, is located at the following Web address: **http://wwwlib.umi.com/dissertations**. From this archive, we have compiled the following list covering dissertations devoted to yoga. You will see that the information provided includes the dissertation's title, its author, and the institution with which the author is associated. The following covers recent dissertations found when using this search procedure:

- **A Comparison of Hatha Yoga and Aerobic Exercise on Women's Body Satisfaction** by Daubenmier, Jennifer Joan; Phd from University of California, Berkeley, 2002, 78 pages http://wwwlib.umi.com/dissertations/fullcit/3063338
- **A Component Analysis of Yoga: the Effects of Diaphragmatic Breathing and Stretching Postures on Anxiety, Personality, and Somatic/behavioral Complaints** by Harrigan, Joan Maureen, Phd from The Pennsylvania State University, 1981, 354 pages http://wwwlib.umi.com/dissertations/fullcit/8120432
- **A Comprehensive Yoga Lifestyle Program for People Living with Hiv/aids (immune Deficiency)** by Butera, Robert James, Jr., Phd from California Institute of Integral Studies, 1998, 532 pages http://wwwlib.umi.com/dissertations/fullcit/9904980

- **A Controlled Comparison of Progressive Relaxation and Yoga Meditation As Methods to Relieve Stress in Middle Grade School Children** by Kalayil, John A., Phd from Seton Hall University, School of Education, 1988, 208 pages http://wwwlib.umi.com/dissertations/fullcit/8825281
- **An Investigation of the Effectiveness of Yoga and Meditation upon Anxiety and Its Implications for Education** by Moy, Marianne, Edd from Seton Hall University, College of Education and Human Services, 1996, 137 pages http://wwwlib.umi.com/dissertations/fullcit/9623566
- **Ardhanarisvara: an Indian and Feminist Perspective (india, Iconography, Yoga Theory, Saiva Devotional Poetry)** by Goldberg, Ava Ellen, Phd from University of Toronto (canada), 1995, 255 pages http://wwwlib.umi.com/dissertations/fullcit/NN02659
- **Culture, Trance and Mental Illness: Divided Consciousness in South Asia (yoga Meditation)** by Castillo, Richard Joseph, Phd from Harvard University, 1991, 444 pages http://wwwlib.umi.com/dissertations/fullcit/9132083
- **Development of Adapted Yoga Program for Symptom Relief of Chronic Pelvic Pain Syndrome with Plans for Implementation and Evaluation** by Gross, Wendy Lou; Edd from Nova Southeastern University, 2002 http://wwwlib.umi.com/dissertations/fullcit/f487089
- **Dream Imagery of Shamanic, Catholic and Yogic Practitioners: an Examination of Transformation Themes (shamanic Practitioners)** by Howe, Susan Lynne, Phd from California Institute of Integral Studies, 1991, 159 pages http://wwwlib.umi.com/dissertations/fullcit/9121137
- **'education Through the Physical,' a Reconceptualization Based on Analysis of Yoga, Zen, and Kendo Literature** by Coville, Claudia Ann, Phd from Stanford University, 1984, 189 pages http://wwwlib.umi.com/dissertations/fullcit/8408274
- **Effect of Yoga on Flexibility and Respiratory Measures of Vital Capacity and Breath-holding Time.** by Moses, Robson, Ded from University of Oregon, 1972, 132 pages http://wwwlib.umi.com/dissertations/fullcit/7307935
- **Effects of Yoga-therapy on Conflict Resolution, Self-concept, and Emotional Adjustment.** by Johnson, Stephen Jeffrey, Phd from University of Southern California, 1974, 135 pages http://wwwlib.umi.com/dissertations/fullcit/7409069
- **God, Consciousness, and Meditation: the Concept of Isvara in the 'yogasutra' (india)** by Pflueger, Lloyd William, Phd from University of California, Santa Barbara, 1990, 628 pages http://wwwlib.umi.com/dissertations/fullcit/9114768
- **Gopinath Kaviraj's Synthetic Understanding of Kundalini Yoga in Relation to the Nondualistic Hindu Tantric Traditions. (volumes I and Ii)** by Mazak, Arlene, Phd from The University of Chicago, 1994, 486 pages http://wwwlib.umi.com/dissertations/fullcit/9419850
- **History, Text, and Context of the 'yoga Upanisads'** by Ruff, Jeffrey Clark; Phd from University of California, Santa Barbara, 2002, 328 pages http://wwwlib.umi.com/dissertations/fullcit/3073645

- **Human Potential in the Philosophies of Socrates, Plato, Confucius and Yoga** by Panayotaki-papathanassopoulou, Vassiliki, Phd from The Union Institute, 1997, 58 pages
http://wwwlib.umi.com/dissertations/fullcit/9733513
- **Moksha and the Transcendental Meditation of Maharishi Mahesh Yogi--a Science of Religion Research** by Gaum, Eion Albert, Dth from University of South Africa (south Africa), 1988
http://wwwlib.umi.com/dissertations/fullcit/f4233380
- **Ontology and Genuine Moral Action: Jnana (intuitive Perception), Ethics, and Karma-yoga in Sankara's 'advaita Vedanta' and Schopenhauer's 'on the Basis of Morality'** by Tietge, Katherine Leigh, Phd from Southern Illinois University at Carbondale, 1997, 225 pages
http://wwwlib.umi.com/dissertations/fullcit/9808853
- **Prakrti: the Principle of Matter in the Samkhya and Yoga Systems of Religious Thought (hinduism, Nature, India)** by Jacobsen, Knut Axel, Phd from University of California, Santa Barbara, 1994, 548 pages
http://wwwlib.umi.com/dissertations/fullcit/9500267
- **Principles and Methods for Understanding and Attaining Self-realization: a Core Element of a System of Transpersonal Psychotherapy Derived from the Philosophy and Psychology of Paramahansa Yogananda** by Johans, James Francis, Phd from Walden University, 1993
http://wwwlib.umi.com/dissertations/fullcit/f2784451
- **Problem of Time and Temporality in Samkhya-yoga and Abhidharma Buddhism** by Sinha, Braj M; Phd from Mcmaster University (canada), 1976
http://wwwlib.umi.com/dissertations/fullcit/NK29737
- **Problem of Time and Temporality in Samkhya-yoga and Abhidharma Buddhism.** by Sinha, Braj Mohan Pd., Phd from Mcmaster University (canada), 1976
http://wwwlib.umi.com/dissertations/fullcit/f3598870
- **Psychological and Physiological Influences of Hatha Yoga Training on Healthy, Exercising Adults** by Baldwin, Maria C., Edd from Boston University, 1999, 131 pages
http://wwwlib.umi.com/dissertations/fullcit/9928187
- **Psychological Change and Spiritual Growth Through the Practice of Siddha Yoga** by Edwards, Lawrence Roger, Phd from Temple University, 1987, 247 pages
http://wwwlib.umi.com/dissertations/fullcit/8711327
- **Reclaiming the Tacit Dimension: Symbolic Form in the Rhetoric of Silence (silence, Mysticism, Yoga)** by Kalamaras, George, Da from State University of New York at Albany, 1990, 269 pages
http://wwwlib.umi.com/dissertations/fullcit/9102007
- **Religious Therapeutics: Body and Health in Yoga and Ayurvedic Medicine (therapeutics)** by Fields, Gregory P., Phd from University of Hawaii, 1994, 395 pages
http://wwwlib.umi.com/dissertations/fullcit/9429615
- **Re-orienting Yoga: Transnational Flows from an Indian Center** by Strauss, Sarah, Phd from University of Pennsylvania, 1997, 343 pages
http://wwwlib.umi.com/dissertations/fullcit/9814918

- **Self-mastery in the Ancient World: Patanjali and Caraka (yoga, Ayurveda, Gunas, Dosas)** by Shypertt, Mary Margaret, Phd from California Institute of Integral Studies, 1986, 133 pages
http://wwwlib.umi.com/dissertations/fullcit/8625586
- **Siddha Yoga in Britain: a Case Study of a New Religious Movement** by Yeo, Kenneth Alan, Phd from University of East Anglia (united Kingdom), 1987, 355 pages
http://wwwlib.umi.com/dissertations/fullcit/D-80398
- **Spirituality and Sexuality: a Phenomenological Exploration of Transcendental States in Sexuality (tantra, Matriarchal, Patriarchal, Kundalini, Yoga)** by Sokol, Dell, Phd from California Institute of Integral Studies, 1986, 257 pages
http://wwwlib.umi.com/dissertations/fullcit/8625587
- **Stages of Spiritual Development: an Inquiry Based on the Chakra Symbolism of Kundalini Yoga and the Christian Mystical Text, 'interior Castle', by Teresa of Avila** by Davis, Rodney Frank; Phd from California Institute of Integral Studies, 2003, 234 pages
http://wwwlib.umi.com/dissertations/fullcit/3080415
- **Stress Management and Yoga** by Collins, Lorrie Ann, Edd from Indiana University, 1982, 156 pages
http://wwwlib.umi.com/dissertations/fullcit/8318834
- **Subtilization and Empowerment: Models of Yogic Cultivation Displayed in Prominent Texts of Ancient India** by Sarelas, Marilyn Louise; Phd from University of California, Santa Barbara, 2001, 262 pages
http://wwwlib.umi.com/dissertations/fullcit/3034857
- **Tantric Yoga: a Study of the Vedic Precursors, Historical Evolution, Literatures, Cultures, Doctrines, and Practices of the Eleventh-century Kasmiri Saivite and Buddhist Unexcelled Tantric Yogas** by Hartzell, James Francis, Phd from Columbia University, 1997, 1453 pages
http://wwwlib.umi.com/dissertations/fullcit/9723798
- **Teaching Professional Standards: Training Yoga Therapists in Loving Presence** by Kokinakis, Candance Lee, Phd from Michigan State University, 1995, 282 pages
http://wwwlib.umi.com/dissertations/fullcit/9619848
- **The Christian Use of Yoga: a Theoretical Study Based on a Comparison of the Mystical Experience of Symeon the New Theologian with Some Tantric Sources.** by Matus, Thomas, Phd from Fordham University, 1977, 235 pages
http://wwwlib.umi.com/dissertations/fullcit/7714901
- **The Concept of Will (paurusa) in the Yogavasistha** by Chapple, Christopher Key, Phd from Fordham University, 1980, 220 pages
http://wwwlib.umi.com/dissertations/fullcit/8020053
- **The Dynamics of Siddha Yoga in the Artistic Expression of Three Contemporary American Painters: William Willis, Robert Kushner, Kathy Chernus (willis, William, Kushner, Robert, Chernus, Kathy)** by Hyde, Sarah Louise, Phd from New York University, 1994, 421 pages
http://wwwlib.umi.com/dissertations/fullcit/9502422
- **The Effect of Yoga and Relaxation Techniques on Outcome Variables Associated with Osteoarthritis of the Hands and Finger Joints (pain Control, Arthritis Therapy)** by Garfinkel, Marian S., Edd from Temple University, 1992, 173 pages
http://wwwlib.umi.com/dissertations/fullcit/9227466

- **The Effect on the Self Concept of Female College Students of Participation in Hatha Yoga and Effective Interpersonal Relationship Development Classes** by Rudolph, Susan Gove, Phd from Ball State University, 1981, 319 pages
http://wwwlib.umi.com/dissertations/fullcit/8123537
- **The Effects of a Yoga-based Exercise Program on Individuals with Post-stroke Hemiparesis** by Bastille, Julie V. Ms from Mgh Institute of Health Professions, 2002, 128 pages
http://wwwlib.umi.com/dissertations/fullcit/1406846
- **The Effects of Hatha Yoga and Judo on Personality and Self-concept Profiles on College Men and Women.** by Dreher, Edward Ronald, Phd from The University of Utah, 1973, 112 pages
http://wwwlib.umi.com/dissertations/fullcit/7402099
- **The Effects of Yoga and the 5bx Fitness Plan on Selected Physiological Parameters** by Dhanaraj, Vethasiromani Hubert; Phd from University of Alberta (canada), 1974
http://wwwlib.umi.com/dissertations/fullcit/NK20999
- **The Influence of Hatha Yoga on Nasal Laterality among Yoga Practitioners** by Korzak, Gretchen G., Edd from Northern Illinois University, 1988, 184 pages
http://wwwlib.umi.com/dissertations/fullcit/8912520
- **The Integral Yoga School in Historical Perspective** by Ma, Swami Sarvaananda, Phd from The University of Connecticut, 1980, 181 pages
http://wwwlib.umi.com/dissertations/fullcit/8103241
- **The Nature and Function of 'the Lord' (isvara) in the 'yoga-sutras' of Patanjali** by Kenney, James Francis, Phd from Fordham University, 1972, 332 pages
http://wwwlib.umi.com/dissertations/fullcit/7220562
- **The Place of the Veda in the Thought of Maharishi Mahesh Yogi: a Historical and Textual Analysis (transcendental Meditation)** by Egenes, Thomas Arthur, Phd from University of Virginia, 1985, 481 pages
http://wwwlib.umi.com/dissertations/fullcit/8608507
- **The Recovery of Spirituality in Trauma, Stress, and Loss: a Conceptual Integration of Analytical Psychotherapy, Core Shamanism, and Kundalini Yoga** by Spaeth, Mark Joseph Drake; Psyd from Chicago School of Professional Psychology, 2002, 149 pages
http://wwwlib.umi.com/dissertations/fullcit/3072965
- **The Service Society and the Organization of Human Services for Profit : Studies in the Micro-organizations of Yoga, the Martial Arts and Mind Development** by Wexler, Mark, N; Phd from York University (canada), 1978
http://wwwlib.umi.com/dissertations/fullcit/NK37027
- **The Service Society and the Organization of Human Services for Profit: Studies in the Micro-organizations of Yoga, the Martial Arts and Mind Development.** by Wexler, Mark N., Phd from York University (canada), 1978
http://wwwlib.umi.com/dissertations/fullcit/f2484822
- **The Short-term Psychophysiological Effects of Hatha Yoga and Progressive Relaxation on Female Japanese Students (stress Management)** by Cusumano, Jerome Anthony, Phd from Arizona State University, 1990, 229 pages
http://wwwlib.umi.com/dissertations/fullcit/9101868

- **Therapeutic Benefits of Yoga: a 10-week Pilot Study** by Czamara, Joli Michele; Ms from D'youville College, 2002, 125 pages
http://wwwlib.umi.com/dissertations/fullcit/1409936
- **Trance in America: a Comparison of Trance Types and Trance Experience in Two Religious Communities (yogis, Mediums)** by Buhrman, Sarasvati Ann S., Phd from University of Colorado at Boulder, 1996, 330 pages
http://wwwlib.umi.com/dissertations/fullcit/9628523
- **Yoga and Actor Training** by Aronson, Robin; Phd from University of Oregon, 1999, 176 pages
http://wwwlib.umi.com/dissertations/fullcit/9940390
- **Yoga As Psychotherapy: a Distillation of the Essential Principles of Patanjala Yoga Theory into a Counseling and Psychotherapy Model** by Anjali, Prem, Phd from The Union Institute, 1994, 270 pages
http://wwwlib.umi.com/dissertations/fullcit/9514694
- **Yoga Asana and Self Actualization: a Western Psychological Perspective (body, Personal Growth)** by Lesser, Dean Paul, Phd from The University of Wisconsin - Madison, 1985, 230 pages
http://wwwlib.umi.com/dissertations/fullcit/8516771
- **Yoga Psychology and Dimensions of Counseling Practice** by Phillips, Susan Kay, Phd from The University of Wisconsin - Madison, 1979, 280 pages
http://wwwlib.umi.com/dissertations/fullcit/8001619
- **'yoga,' 'bhoga,' and 'ardhanariswara': Individuality, Eudaemonism, and Gender in South Asian Tantrism** by Saran, Prem, Phd from University of California, Santa Barbara, 1995, 500 pages
http://wwwlib.umi.com/dissertations/fullcit/9617693

Keeping Current

Ask the medical librarian at your library if it has full and unlimited access to the *ProQuest Digital Dissertations* database. From the library, you should be able to do more complete searches via **http://wwwlib.umi.com/dissertations**.

Chapter 5. Clinical Trials and Yoga

Overview

In this chapter, we will show you how to keep informed of the latest clinical trials concerning yoga.

Recent Trials on Yoga

The following is a list of recent trials dedicated to yoga.[8] Further information on a trial is available at the Web site indicated.

- **Yoga as a Treatment for Insomnia**

  Condition(s): Insomnia

  Study Status: This study is currently recruiting patients.

  Sponsor(s): National Center for Complementary and Alternative Medicine (NCCAM)

  Purpose - Excerpt: The purpose of this study is to evaluate the effectiveness of a daily, 8-week treatment for insomnia using yoga, relaxation exercises or sleep hygiene. ***PARTICIPANTS MUST LIVE IN THE METROPOLITAN BOSTON AREA IN ORDER TO ENROLL IN THIS STUDY***

  Phase(s): Phase II

  Study Type: Interventional

  Contact(s): see Web site below

  Web Site: http://clinicaltrials.gov/ct/show/NCT00033865

- **Yoga for Treating Shortness of Breath in Chronic Obstructive Pulmonary Disease (COPD)**

  Condition(s): Pulmonary Disease, Chronic Obstructive; Lung Diseases, Obstructive; Pulmonary Emphysema; Chronic Bronchitis

  Study Status: This study is currently recruiting patients.

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[8] These are listed at **www.ClinicalTrials.gov**.

Sponsor(s): National Center for Complementary and Alternative Medicine (NCCAM)

Purpose - Excerpt: The purpose of this study is to evaluate the safety and effectiveness of yoga in reducing shortness of breath in people with chronic obstructive pulmonary disease (COPD). Patients in this study must have moderate to severe COPD and be primarily limited by shortness of breath.

Phase(s): Phase I; Phase II

Study Type: Interventional

Contact(s): see Web site below

Web Site: http://clinicaltrials.gov/ct/show/NCT00051792

- **Yoga: Effect on Attention in Aging & Multiple Sclerosis**

  Condition(s): Multiple Sclerosis

  Study Status: This study is no longer recruiting patients.

  Sponsor(s): National Center for Complementary and Alternative Medicine (NCCAM)

  Purpose - Excerpt: Changes in visual attention are common among elders and people with multiple sclerosis. The visual attention changes contribute to difficulty with day to day functioning including falls, driving and even finding one's keys on the kitchen counter as well as contributing to deficits in other cognitive domains. Yoga emphasizes the ability to focus attention and there is some evidence that the practice of yoga may improve one's cognitive abilities. Additionally, yoga practice may improve cognitive function through other non-specific means such as improved mood, decreased stress or declines in oxidative injury. We propose a randomized, controlled 6 month phase II trial of yoga in two separate cohorts: healthy elders and subjects with mild multiple sclerosis. We will determine if yoga intervention produces improvements on a broad attentional battery that especially emphasizes attentional control. To further understand the reported beneficial effect of yoga on its practitioners, we will also determine if there is a positive impact on measures directly related to yoga practice (flexibility and balance) as well as mood, quality of life and oxidative injury markers. The yoga intervention consists of a Hatha yoga class meeting twice per week. The class is taught by experienced yoga teachers who are supervised by a nationally known yoga instructor. There are two control groups. An exercise group will have a structured walking program prescribed by a certified Health and Fitness Instructor and Personal Trainer. The program will attempt to match the Hatha yoga class for metabolic demand. The second control group will be assigned to a 6 month waiting list. The outcome measures are assessed at baseline and after the 6 month period. The primary outcome measures are alertness (quantitative EEG and self-rated scale), ability to focus attention (Stroop) and ability to shift attention (extradimensional set shifting task). Secondary attention outcome measures include the ability to sustain attention (decrement in reaction time) and ability to divide attention (Useful Field of View). Other secondary outcome measures include flexibility, balance, mood, quality of life, fatigue (in MS cohort) and decreased markers of lipid, protein, and DNA oxidative injury.

  Phase(s): Phase II

  Study Type: Interventional

  Contact(s): see Web site below

  Web Site: http://clinicaltrials.gov/ct/show/NCT00010998

- **Evaluating Yoga for Chronic Low Back Pain**

  Condition(s): Low Back Pain

  Study Status: This study is not yet open for patient recruitment.

  Sponsor(s): National Center for Complementary and Alternative Medicine (NCCAM)

  Purpose - Excerpt: This study will compare the effectiveness of yoga classes, exercise classes, and a self-care book in the management of pain and function for people with low back pain.

  Study Type: Interventional

  Contact(s): see Web site below

  Web Site: http://clinicaltrials.gov/ct/show/NCT00056212

Keeping Current on Clinical Trials

The U.S. National Institutes of Health, through the National Library of Medicine, has developed ClinicalTrials.gov to provide current information about clinical research across the broadest number of diseases and conditions.

The site was launched in February 2000 and currently contains approximately 5,700 clinical studies in over 59,000 locations worldwide, with most studies being conducted in the United States. ClinicalTrials.gov receives about 2 million hits per month and hosts approximately 5,400 visitors daily. To access this database, simply go to the Web site at **http://www.clinicaltrials.gov/** and search by "yoga" (or synonyms).

While ClinicalTrials.gov is the most comprehensive listing of NIH-supported clinical trials available, not all trials are in the database. The database is updated regularly, so clinical trials are continually being added. The following is a list of specialty databases affiliated with the National Institutes of Health that offer additional information on trials:

- For clinical studies at the Warren Grant Magnuson Clinical Center located in Bethesda, Maryland, visit their Web site: **http://clinicalstudies.info.nih.gov/**
- For clinical studies conducted at the Bayview Campus in Baltimore, Maryland, visit their Web site: **http://www.jhbmc.jhu.edu/studies/index.html**
- For cancer trials, visit the National Cancer Institute: **http://cancertrials.nci.nih.gov/**
- For eye-related trials, visit and search the Web page of the National Eye Institute: **http://www.nei.nih.gov/neitrials/index.htm**
- For heart, lung and blood trials, visit the Web page of the National Heart, Lung and Blood Institute: **http://www.nhlbi.nih.gov/studies/index.htm**
- For trials on aging, visit and search the Web site of the National Institute on Aging: **http://www.grc.nia.nih.gov/studies/index.htm**
- For rare diseases, visit and search the Web site sponsored by the Office of Rare Diseases: **http://ord.aspensys.com/asp/resources/rsch_trials.asp**
- For alcoholism, visit the National Institute on Alcohol Abuse and Alcoholism: **http://www.niaaa.nih.gov/intramural/Web_dicbr_hp/particip.htm**

- For trials on infectious, immune, and allergic diseases, visit the site of the National Institute of Allergy and Infectious Diseases: **http://www.niaid.nih.gov/clintrials/**
- For trials on arthritis, musculoskeletal and skin diseases, visit newly revised site of the National Institute of Arthritis and Musculoskeletal and Skin Diseases of the National Institutes of Health: **http://www.niams.nih.gov/hi/studies/index.htm**
- For hearing-related trials, visit the National Institute on Deafness and Other Communication Disorders: **http://www.nidcd.nih.gov/health/clinical/index.htm**
- For trials on diseases of the digestive system and kidneys, and diabetes, visit the National Institute of Diabetes and Digestive and Kidney Diseases: **http://www.niddk.nih.gov/patient/patient.htm**
- For drug abuse trials, visit and search the Web site sponsored by the National Institute on Drug Abuse: **http://www.nida.nih.gov/CTN/Index.htm**
- For trials on mental disorders, visit and search the Web site of the National Institute of Mental Health: **http://www.nimh.nih.gov/studies/index.cfm**
- For trials on neurological disorders and stroke, visit and search the Web site sponsored by the National Institute of Neurological Disorders and Stroke of the NIH: **http://www.ninds.nih.gov/funding/funding_opportunities.htm#Clinical_Trials**

CHAPTER 6. PATENTS ON YOGA

Overview

Patents can be physical innovations (e.g. chemicals, pharmaceuticals, medical equipment) or processes (e.g. treatments or diagnostic procedures). The United States Patent and Trademark Office defines a patent as a grant of a property right to the inventor, issued by the Patent and Trademark Office.[9] Patents, therefore, are intellectual property. For the United States, the term of a new patent is 20 years from the date when the patent application was filed. If the inventor wishes to receive economic benefits, it is likely that the invention will become commercially available within 20 years of the initial filing. It is important to understand, therefore, that an inventor's patent does not indicate that a product or service is or will be commercially available. The patent implies only that the inventor has "the right to exclude others from making, using, offering for sale, or selling" the invention in the United States. While this relates to U.S. patents, similar rules govern foreign patents.

In this chapter, we show you how to locate information on patents and their inventors. If you find a patent that is particularly interesting to you, contact the inventor or the assignee for further information. **IMPORTANT NOTE:** When following the search strategy described below, you may discover non-medical patents that use the generic term "yoga" (or a synonym) in their titles. To accurately reflect the results that you might find while conducting research on yoga, we have not necessarily excluded non-medical patents in this bibliography.

Patents on Yoga

By performing a patent search focusing on yoga, you can obtain information such as the title of the invention, the names of the inventor(s), the assignee(s) or the company that owns or controls the patent, a short abstract that summarizes the patent, and a few excerpts from the description of the patent. The abstract of a patent tends to be more technical in nature, while the description is often written for the public. Full patent descriptions contain much more information than is presented here (e.g. claims, references, figures, diagrams, etc.). We will

[9]Adapted from the United States Patent and Trademark Office: **http://www.uspto.gov/web/offices/pac/doc/general/whatis.htm**.

tell you how to obtain this information later in the chapter. The following is an example of the type of information that you can expect to obtain from a patent search on yoga:

- **Device for yoga exercising**

  Inventor(s): Gin; Abram (99-40 63rd, Forest Hills, NY 11375)

  Assignee(s): none reported

  Patent Number: 4,451,034

  Date filed: December 15, 1981

  Abstract: A device for exercising Yoga has an elongated resiliently deformable element movable to a position in which it is convex so that the practitioner resting on said element from outside assumes a candle-like posture and a connecting element retaining the resiliently deformable element in the above position. A method of forming the device includes the steps of respectively deforming and retaining the resiliently deformable element so that the practitioner's body can assume the candle-like position.

  Excerpt(s): The present invention relates to a device for exercising Yoga. More particularly, it relates to exercising in a candle-like posture.. It is well known that a Yoga practitioner must assume respective postures for performing respective Yoga exercises. However, up to now Yoga practitioners have assumed respective postures by themselves without the aid of specific devices. This possesses essential disadvantages which will be described hereinbelow. The Yoga exercises assure medical and restoring action only in the case when they are correctly performed. Since the Yoga exercises are substantially complicated to be performed, a person which is going to start exercising encounters many difficulties. Such person may have no time for lengthy studying, he or she may not be sufficiently persistent, he or she may have no trainer for providing competent help, he or she must spend essential time in order to arrive at correct postures, he or she may have some interruptions in studying which make the process even more complicated and return the practitioner back to initial condition, he or she may be unwell after incorrectly mastered posture, and he or she may have excessive weight or may be sick. In all these cases it is very difficult to exercise Yoga.. Accordingly, it is an object of the present invention to provide a device for Yoga exercising which make Yoga exercises more accessible for practitioners, as compard with the known methods.

  Web site: http://www.delphion.com/details?pn=US04451034__

- **Yoga mat holder**

  Inventor(s): Coler; Maria (402 Grand St., Apt. 2, Hoboken, NJ 07030)

  Assignee(s): none reported

  Patent Number: 6,491,196

  Date filed: March 15, 2000

  Abstract: A yoga mat holder is provided with a diamond-shaped leaf to hold a rolled-up yoga mat. The yoga mat holder has a quick-release buckle and webbing attached to the leaf to fasten the yoga mat to the diamond-shaped leaf. The yoga mat holder also has a shoulder strap and a waist strap attached to an adjustable webbing with another quick-release buckle to secure the holder across the chest of the wearer. The diamond-shaped leaf is folded around the rolled-up yoga mat and worn diagonally across the back of a

person. Pockets are provided on the shoulder and waist straps to allow a person to access her belongings without removing or shifting the position of the holder.

Excerpt(s): The present invention relates to an article holder and, more specifically, to a holder for carrying a rolled-up yoga mat on the back of a user.. The main piece of equipment used by the yoga practitioner is a "sticky" mat or yoga mat. The practitioner performs various exercises required of this discipline on the yoga mat. The yoga mat is typically 24".times.72" and is made of a textured rubber material with a special coating to create a slip-free or sticky finish. The yoga mat is usually rolled into a cylinder and carried to and from the center where yoga is practiced. The diameter of the typical rolled-up yoga mat is approximately 4.5 inches and the height remains 24 inches.. 1. It is desirable to carry a yoga mat in a non-cumbersome manner while leaving the hands free.

Web site: http://www.delphion.com/details?pn=US06491196__

Patent Applications on Yoga

As of December 2000, U.S. patent applications are open to public viewing.[10] Applications are patent requests which have yet to be granted. (The process to achieve a patent can take several years.) The following patent applications have been filed since December 2000 relating to yoga:

- **Yoga mat with body contact placement indicia**

  Inventor(s): Howlett-Campanella, Helen Hardman; (Malibu, CA)

  Correspondence: Scott W. Kelley; KELLY BAUERSFELD LOWRY & KELLEY, LLP; 6320 Canoga Avenue, Suite 1650; Woodland Hills; CA; 91367; US

  Patent Application Number: 20010034288

  Date filed: January 19, 2001

  Abstract: A yoga mat is provided having a symmetrical body placement guide on an upper surface of the mat. The body placement guide is configured to aid a yoga practitioner to properly align the practitioner's body during yoga postures. The body placement guide includes a patterned design defining a longitudinal axis substantially extending the length of and bisecting the upper surface of the mat. The patterned design also defines a transverse axis bisecting the longitudinal axis. The longitudinal axis and transverse axis define four equal quadrants. Each quadrant is adjacent to other quadrants, the pattern design in each quadrant being a mirror image of the pattern design of the two adjoining quadrants. The pattern design also includes step indicia within each quadrant.

  Excerpt(s): This application claims priority from provisional application Ser. No. 60/177,512, filed Jan. 21, 2000; and provisional application Ser. No. 60/229,868, filed Aug. 30, 2000.. The present invention relates generally to a mat on which yoga is practiced. More particularly, the present invention relates to a yoga mat which includes a design on the yoga mat that helps the yoga practitioner to properly align the body during postures.. There are many kinds of yoga, as well as many reasons to practice yoga. In particular, yoga mats are preferably used in Hatha Yoga, which deals with keeping the physical body fit. The focus is on balance, strength, flexibility, and

[10] This has been a common practice outside the United States prior to December 2000.

coordination on both sides of the body. Generally, people have a dominant side, for example, in golf, tennis and baseball people swing only one way as they are either right or left-handed. Only a few people are capable of swinging both right and left. It is not uncommon for chiropractors and yoga instructors to find that one leg of a client might be a little longer than the other due to injuries, poor posture or lack of exercise. It is possible that a leg might be from 1/4" to one full inch off from the other leg. This adversely affects our health as one knee might not bend as well as the other and the effect is magnified through the rest of the body. The purpose of Hatha Yoga practice is to make the right and left sides of our bodies equally strong, flexible and balanced to the best of our ability.

Web site: http://appft1.uspto.gov/netahtml/PTO/search-bool.html

Keeping Current

In order to stay informed about patents and patent applications dealing with yoga, you can access the U.S. Patent Office archive via the Internet at the following Web address: **http://www.uspto.gov/patft/index.html**. You will see two broad options: (1) Issued Patent, and (2) Published Applications. To see a list of issued patents, perform the following steps: Under "Issued Patents," click "Quick Search." Then, type "yoga" (or synonyms) into the "Term 1" box. After clicking on the search button, scroll down to see the various patents which have been granted to date on yoga.

You can also use this procedure to view pending patent applications concerning yoga. Simply go back to the following Web address: **http://www.uspto.gov/patft/index.html**. Select "Quick Search" under "Published Applications." Then proceed with the steps listed above.

CHAPTER 7. BOOKS ON YOGA

Overview

This chapter provides bibliographic book references relating to yoga. In addition to online booksellers such as **www.amazon.com** and **www.bn.com**, excellent sources for book titles on yoga include the Combined Health Information Database and the National Library of Medicine. Your local medical library also may have these titles available for loan.

Book Summaries: Federal Agencies

The Combined Health Information Database collects various book abstracts from a variety of healthcare institutions and federal agencies. To access these summaries, go directly to the following hyperlink: **http://chid.nih.gov/detail/detail.html**. You will need to use the "Detailed Search" option. To find book summaries, use the drop boxes at the bottom of the search page where "You may refine your search by." Select the dates and language you prefer. For the format option, select "Monograph/Book." Now type "yoga" (or synonyms) into the "For these words:" box. You should check back periodically with this database which is updated every three months. The following is a typical result when searching for books on yoga:

- **Alive and Well: A Path for Living in A Time of HIV**

  Contact: Irvington Publishers, Inc., Lower Mill Road, North Stratford, NH, 03590, (603) 922-5105.

  Summary: This book focuses on self-generated healing and offers practical guidelines for living in a manner which naturally promotes health. Part one, "Making Choices," emphasizes taking the AIDS test, accepting an HIV-positive diagnosis with hope and courage, and caring for people with AIDS. "Learning From Others," persuades the reader to select a self-empowering and health promoting direction. The final part, "The Path of Self-Generated Healing," involves approaching life and illness in a manner based on faith, self-empowerment, and hope. It discusses the specific practices of daily meditation, imagery exercises, Hatha **yoga,** a whole foods diet, regular exercise, keeping a daily journal, and establishing a personal plan for healing.

- **Hepatitis C Handbook**

  Source: Berkeley, CA: North Atlantic Books and Frog, Ltd. 1999. 473 p.

  Contact: Available from North Atlantic Books and Frog, Ltd. P.O. Box 12327, Berkeley, CA 94712. (800) 337-2665 or (510) 559-8277. Fax (510) 559-8279. E-mail: orders@northatlanticbooks.com. Website: www.northatlanticbooks.com. PRICE: $25.00 plus shipping and handling. ISBN: 1556433131.

  Summary: Hepatitis C is a common, recently discovered viral infection usually contracted from the use of intravenous drugs, often decades previously, or less commonly by blood or blood products prior to the introduction of blood screening protocols. This handbook offers an overview of hepatitis C virus (HCV) and focuses on the significance of the diagnosis and on lifestyle changes that may prove helpful. The author guides the patient to an informed and balanced choice between the currently available range of treatment options, including interferon and other antiviral agents as well as Chinese herbal remedies. The author hopes to empower readers and so provides detailed medical information about symptoms, lifestyle changes, real life experiences with the disease, and treatment strategies. The first chapter offers facts and figures about the virus and its prevalence; transmission, epidemiology, and the origins of the virus are discussed in Chapter 2, along with professional briefings regarding the prevention of the further proliferation of HCV. Information regarding the various tests that patients are likely to encounter are covered in Chapter 3, together with a discussion of the implications of a diagnosis and whether or not to get tested. Other chapters in the first section cover special situations, including coinfection with other types of hepatitis, children, hemophilia, and Cooley's anemia. The second section offers three chapters that concentrate on the response to having HCV. This section is designed to enable the reader to go through the process of coming to terms with their condition, to better participate as a member of their own health care team, and to deal with members of the medical profession. The third section summarizes the main treatment options open to HCV patients. Chapters cover conventional treatments, traditional Chinese medicine, Western herbal medicine (including medicinal mushrooms), Ayurvedic medicine, vitamins and minerals (and amino acids), homeopathy, miscellaneous treatments, and naturopathy (the 'no treatment' option). The fourth section covers lifestyle options, including diet, alcohol, drugs, exercise, Hepa**,** Qu Gong, and stress management. The final section offers a wealth of resources for readers, including additional technical information, a glossary, a list of resources, and a subject index. Each chapter also includes references.

- **Alternative and Complementary Diabetes Care: How to Combine Natural and Traditional Therapies**

  Source: New York, NY: John Wiley and Sons, Inc. 2000. 244 p.

  Contact: Available from John Wiley and Sons, Inc. Distribution Center, 1 Wiley Drive, Somerset, NJ 08875-1272. (800) 225-5945 or (732) 469-4400. Fax (732) 302-2300. E-mail: bookinfo@wiley.com. Website: www.wiley.com. PRICE: $14.95 plus shipping and handling. ISBN: 0471347841.

  Summary: This book provides people who have diabetes with information on alternative and complementary healing regimens for diabetes. The book is organized in a way to help readers remember what a full, balanced health program should include. This is done by using the acronym PARENT, which stands for positive thinking, assertiveness, relaxation, exercise, nutrition, and touch. Chapter one provides an overview of the field of alternative and complimentary care. Topics include the activities

of the Office of Alternative Medicine to assist professionals and lay people in recognizing the most helpful treatments, the steps some medical schools are taking to teach future physicians about alternative treatment approaches, and models of practice. Chapter two focuses on positive thinking. Readers learn how positive thinking affects the body from the standpoint of laughter, prayer, reframing, meditation, thought stopping, problem solving, and other choices. Considerations related to blood sugar control address logical thinking versus various other approaches to management. Chapter three deals with assertiveness, focusing on how to use assertiveness in daily life, how to handle conflict, how to develop a win-win approach, how to handle anger, and how using assertiveness relates to blood glucose control. Chapter four explains the physiology of stress and examines the effect of relaxation on blood glucose levels. Relaxation methods include biofeedback, progressive relaxation, autogenic therapy, deep breathing, imagery, visualization, aroma therapy, and meditation. Chapter five provides guidelines for evaluating one's present physical condition in relation to safe exercise choices. Types of exercise include aerobics, muscle strengthening, tension relievers, tai chi, qigong, other martial arts, and hatha This**.** Chapter six focuses on nutrition and diets. Topics include diet programs, obesity, weight loss, and types of foods. Chapter seven discusses the use of herbs in terms of general considerations, the availability and safety of herbs, regulation problems, and the usefulness of herbs. In addition, the chapter reviews products that people with diabetes might read or hear about and identifies specialty practices that use herbs. Chapter eight provides information on therapies that have something to do, directly or indirectly, with various energy responses of the mind or body, including art therapy, aroma therapy, colon therapy, chiropractic therapy, osteopathic therapy, homeopathic therapy, hypnotherapy, imagery therapy, journaling therapy, music therapy, magnet therapy, thought field therapy, and pain management therapy. Chapter nine introduces touch and nontouch remedies and various therapies that have the potential to lead to improved circulation, improved balance, and an improved sense of well being. Chapter 10 offers general reminders about the use of alternative remedies and provides some suggestions to improve quality of life. 7 appendices. 1 figure. 45 references.

- **Caring for the Diabetic Soul: Restoring Emotional Balance for Yourself and Your Family**

  Source: Alexandria, VA: American Diabetes Association. 1997. 213 p.

  Contact: Available from American Diabetes Association, Inc. Order Fulfillment Department, P.O. Box 930850, Atlanta, GA 31193-0850. (800) 232-6733. Fax (770) 442-9742. Website: www.diabetes.org. PRICE: $8.95 plus shipping and handling. ISBN: 0945448813.

  Summary: This book helps people with diabetes deal with the emotional challenges of daily diabetes care. Chapters in the book were originally articles published in 'Diabetes Forecast.' Topics in part one include coping with denial; controlling stress, anger, and self-destructive behavior; building a positive self-image and self-esteem; overcoming obstacles to exercise; using **yoga** for flexibility and relaxation; integrating diabetes into daily life; using humor to one's advantage; discovering one's coping style; determining one's self-management approach; and starting a support group. Part two focuses on ways to help people with diabetes. Chapters offer guidelines for helping people with diabetes, present the characteristics of parents who successfully cope with a child who has been diagnosed with diabetes, offer suggestions for helping a child cope with diabetes, and provide tips for grandparents who have a grandchild with diabetes. Other chapters present ways for parents to stop blaming themselves for their child's diabetes,

outline steps couples can use to end the psychological games they may play if one partner has diabetes, and make suggestions for giving support to a loved one with diabetes.

- **Energy for everything: Rejuvenation for the mind, body, and soul**

  Source: Emmaus, PA: Rodale Press. 2001. 194 pp.

  Contact: Available from Rodale Press, 33 East Minor Street, Emmaus, PA 18098. Telephone: (800) 848-4735 / Web site: http://www.rodalebooks.com. $17.95 plus shipping and handling.

  Summary: This self-help book offers suggestions for increasing energy, getting proper sleep and nutrition, and reducing stress for women who feel continually tired. Topics include coping with stress in the work and home environment; caregiving for children and older adults; relationships; when to seek assistance from a health care professional; vitamins and other supplements; the benefits of regular exercise; alternative health therapies such as **yoga,** massage, or homeopathy; and relaxation techniques. The book concludes with an index.

Book Summaries: Online Booksellers

Commercial Internet-based booksellers, such as Amazon.com and Barnes&Noble.com, offer summaries which have been supplied by each title's publisher. Some summaries also include customer reviews. Your local bookseller may have access to in-house and commercial databases that index all published books (e.g. Books in Print®). **IMPORTANT NOTE:** Online booksellers typically produce search results for medical and non-medical books. When searching for "yoga" at online booksellers' Web sites, you may discover non-medical books that use the generic term "yoga" (or a synonym) in their titles. The following is indicative of the results you might find when searching for "yoga" (sorted alphabetically by title; follow the hyperlink to view more details at Amazon.com):

- **ExTension: The 20-Minute-a-Day, Yoga-Based Program to Relax, Release & Rejuvenate the Average Stressed-Out Over-35-Year-Old- Body** by Sam Dworkis, et al (1994); ISBN: 067186680X; http://www.amazon.com/exec/obidos/ASIN/067186680X/icongroupinterna
- **100 Days to Better Health, Good Sex & Long Life: A Guide to Taoist Yoga & Chi Kung** by Eric Steven Yudelove (1997); ISBN: 1567188338; http://www.amazon.com/exec/obidos/ASIN/1567188338/icongroupinterna
- **10-Minute Yoga Workouts: Power Tone Your Body from Top to Toe** by Barbara Currie (2003); ISBN: 0007129610; http://www.amazon.com/exec/obidos/ASIN/0007129610/icongroupinterna
- **20-Minute Yoga Workouts** by Alice Christensen, American Yoga Association (1995); ISBN: 0345388453; http://www.amazon.com/exec/obidos/ASIN/0345388453/icongroupinterna
- **30 Essential Yoga Poses: For Beginning Students and Their Teachers** by Judith, Ph.D. Lasater (2003); ISBN: 1930485042; http://www.amazon.com/exec/obidos/ASIN/1930485042/icongroupinterna
- **A History of Yoga** by Vivian Worthington; ISBN: 0140191984; http://www.amazon.com/exec/obidos/ASIN/0140191984/icongroupinterna

- **A Little Bit of Yoga: A Coupon Gift to Energize and Relax You** by Sourcebooks (2003); ISBN: 140220079X; http://www.amazon.com/exec/obidos/ASIN/140220079X/icongroupinterna
- **A Morning Cup of Yoga: One Simple, Balanced Routine for a Lifetime of Health & Wellness** by Jane Goad Trechsel, Rodney Yee (2002); ISBN: 1575871726; http://www.amazon.com/exec/obidos/ASIN/1575871726/icongroupinterna
- **A Physiological Handbook for Teachers of Yogasana** by Mel Robin (2002); ISBN: 1587360330; http://www.amazon.com/exec/obidos/ASIN/1587360330/icongroupinterna
- **A Recipe for Bliss: Kriya Yoga for a New Millennium** by Carl Schmidt; ISBN: 1561841595; http://www.amazon.com/exec/obidos/ASIN/1561841595/icongroupinterna
- **A Woman's Book of Yoga: Embracing Our Natural Life Cycles** by Machelle M. Seibel, Hari Kaur Khalsa (2002); ISBN: 1583331379; http://www.amazon.com/exec/obidos/ASIN/1583331379/icongroupinterna
- **A Yoga of Indian Classical Dance: The Yogini's Mirror** by Roxanne Kamayani Gupta, et al; ISBN: 0892817658; http://www.amazon.com/exec/obidos/ASIN/0892817658/icongroupinterna
- **A Yogi Approach** by Danijel Turina (2001); ISBN: 9532070257; http://www.amazon.com/exec/obidos/ASIN/9532070257/icongroupinterna
- **Acu-Yoga: Self-Help Techniques to Relieve Tension** by Michael Reed Gach, Carolyn Marco (Contributor) (1981); ISBN: 087040489X; http://www.amazon.com/exec/obidos/ASIN/087040489X/icongroupinterna
- **Airplane Yoga** by Rachel Lehmann-Haupt, Bess Abrahams (2003); ISBN: 1573223522; http://www.amazon.com/exec/obidos/ASIN/1573223522/icongroupinterna
- **Aleph-Bet Yoga: Embodying the Hebrew Letters for Physical and Spiritual Well-Being** by Steven A. Rapp (2002); ISBN: 1580231624; http://www.amazon.com/exec/obidos/ASIN/1580231624/icongroupinterna
- **Am & Pm Yoga Meditations [ABRIDGED]** by Gael Chiarella, Gael Chiarello (2001); ISBN: 1559616598; http://www.amazon.com/exec/obidos/ASIN/1559616598/icongroupinterna
- **An Invitation to Christian Yoga** by Susan John Mangam (Illustrator), Nancy New Christian Yoga Roth (2001); ISBN: 1561011967; http://www.amazon.com/exec/obidos/ASIN/1561011967/icongroupinterna
- **Ananda Yoga for Higher Awareness** by Swami Kriyananda, Sri Kriyananda (1996); ISBN: 1565890787; http://www.amazon.com/exec/obidos/ASIN/1565890787/icongroupinterna
- **Anatomy of Hatha Yoga: A Manual for Students, Teachers, and Practitioners** by H. David Coulter, Timothy McCall (2002); ISBN: 0970700601; http://www.amazon.com/exec/obidos/ASIN/0970700601/icongroupinterna
- **Aqua Fit: Dr. Jane Katz's Water Workout Program With Yoga, Pilates, Tai Chi and More** by Jane Katz (2003); ISBN: 0767914821; http://www.amazon.com/exec/obidos/ASIN/0767914821/icongroupinterna

- **Art of the Bedchamber: The Chinese Sexual Yoga Classics Including Women's Solo Meditation Texts** by Douglas Wile (1992); ISBN: 0791408868; http://www.amazon.com/exec/obidos/ASIN/0791408868/icongroupinterna
- **Arthritis: An American Yoga Association Wellness Guide: The Powerful Program for Greater Strength, Flexibility, and Freedom** by Alice Christensen (2001); ISBN: 1575666480; http://www.amazon.com/exec/obidos/ASIN/1575666480/icongroupinterna
- **Asanas: 608 Yoga Poses** by Dharma Mittra (2003); ISBN: 1577314026; http://www.amazon.com/exec/obidos/ASIN/1577314026/icongroupinterna
- **Ashtanga Yoga for Women: Invigorating Mind, Body, and Spirit with Power Yoga** by Sally Griffyn, Michaela Clarke (2003); ISBN: 1569753504; http://www.amazon.com/exec/obidos/ASIN/1569753504/icongroupinterna
- **Ashtanga Yoga: The Complete Mind and Body Workout** by Juliet Pegrum, et al (2001); ISBN: 0806966556; http://www.amazon.com/exec/obidos/ASIN/0806966556/icongroupinterna
- **Ashtanga Yoga: The Definitive Step-By-Step Guide to Dynamic Yoga** by John Scott, Shri K. Pattabhi Jois (2001); ISBN: 0609807862; http://www.amazon.com/exec/obidos/ASIN/0609807862/icongroupinterna
- **Ashtanga Yoga: The Practice Manual: An Illustrated Guide to Personal Practice** by David Swenson; ISBN: 1891252089; http://www.amazon.com/exec/obidos/ASIN/1891252089/icongroupinterna
- **Ayurveda and Marma Therapy: Energy Points in Yogic Healing** by Avinash Lele, et al (2003); ISBN: 0940985594; http://www.amazon.com/exec/obidos/ASIN/0940985594/icongroupinterna
- **Babaji and the 18 Siddha Kriya Yoga Tradition (4th edition)** by Marshall Govindan (Editor) (1998); ISBN: 1895383005; http://www.amazon.com/exec/obidos/ASIN/1895383005/icongroupinterna
- **Babaji's Kriya Hatha Yoga: 18 Postures of Relaxation & Rejuvenation** by Marshall Govindan; ISBN: 189538303X; http://www.amazon.com/exec/obidos/ASIN/189538303X/icongroupinterna
- **Babar's Yoga for Elephants** by Laurent de Brunhoff (2002); ISBN: 0810910217; http://www.amazon.com/exec/obidos/ASIN/0810910217/icongroupinterna
- **Baby Om: Yoga for Mothers and Babies** by Laura Staton, Sarah Perron; ISBN: 0805068392; http://www.amazon.com/exec/obidos/ASIN/0805068392/icongroupinterna
- **Baby Yoga** by Francoise Barbira-Freedman, Francoise Barbira Freedman (2000); ISBN: 0764116282; http://www.amazon.com/exec/obidos/ASIN/0764116282/icongroupinterna
- **Back Care Basics: A Doctor's Gentle Yoga Program for Back and Neck Pain Relief** by Mary Pullig Schatz, et al (1992); ISBN: 0962713821; http://www.amazon.com/exec/obidos/ASIN/0962713821/icongroupinterna
- **Back Rx: A Fifteen-Minute-A-Day Yoga-And Pilates-Based Program to End Low Back Pain Forever** by Vijay Vad, Hilary Hinzmann (2004); ISBN: 1592400450; http://www.amazon.com/exec/obidos/ASIN/1592400450/icongroupinterna

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- **Beginning Yoga** by Vijayendra Pratap (1997); ISBN: 0804821046; http://www.amazon.com/exec/obidos/ASIN/0804821046/icongroupinterna
- **Beth Shaw's Yogafit: The Program for a More Powerful, Flexible, and Defined Physique** by Beth Shaw (2000); ISBN: 0736033378; http://www.amazon.com/exec/obidos/ASIN/0736033378/icongroupinterna
- **Beyond Power Yoga: 8 Levels of Practice for Body and Soul** by Beryl Bender Birch, Nicholas Desciose (Photographer) (2000); ISBN: 0684855267; http://www.amazon.com/exec/obidos/ASIN/0684855267/icongroupinterna
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- **Bringing Yoga to Life : The Everyday Practice of Enlightened Living** by Donna Farhi (Author) (2003); ISBN: 0060091142; http://www.amazon.com/exec/obidos/ASIN/0060091142/icongroupinterna
- **Bryan Kest: Santa Monica Power Yoga Live Bootleg (CD & Booklet)** by Bryan Kest (2001); ISBN: 0972247807; http://www.amazon.com/exec/obidos/ASIN/0972247807/icongroupinterna
- **Bryan Kest's Long, Slow & Deep: A Complete 90 Minute Yoga Workout (CD & Booklet)** by Bryan Kest (2003); ISBN: 0972247831; http://www.amazon.com/exec/obidos/ASIN/0972247831/icongroupinterna
- **Children's Book of Yoga: Games & Exercises Mimic Plants & Animals & Objects** by Thia Luby (1998); ISBN: 1574160036; http://www.amazon.com/exec/obidos/ASIN/1574160036/icongroupinterna
- **Classics of Buddhism and Zen: The Dhammapada, the Buddhist I Ching, Stopping and Seeing, Entry into the Inconceivable, Buddhist Yoga** by Thomas Cleary (2002); ISBN: 1570628386; http://www.amazon.com/exec/obidos/ASIN/1570628386/icongroupinterna
- **Complete Guide to Pilates, Yoga, and Meditation**; ISBN: 075258927X; http://www.amazon.com/exec/obidos/ASIN/075258927X/icongroupinterna
- **Complete Idiot's Guide to Yoga with Kids** by Jodi B. Komitor, Eve Adamson; ISBN: 0028639359; http://www.amazon.com/exec/obidos/ASIN/0028639359/icongroupinterna
- **Cystitis: A Time to Heal with Yoga & Accupressure, An Eight Week Exercise Program with Special Information on Interstitial Cystitis & Urethral Syndrome** by Emmey A.

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- **Deity Yoga: In Action and Performance Tantra (Wisdom of Tibet Series)** by H.H. the Dalai Lama Tsong-Ka-Pa, et al (1987); ISBN: 0937938505;
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- **Desktop Yoga: The Anytime, Anywhere Relaxation Program for Office Slaves, Internet Addicts, and Stressed-Out Students** by Julie T. Lusk (1998); ISBN: 0399524460;
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- **Doga: Yoga for Dogs** by Jennifer Brilliant, et al (2003); ISBN: 0811841677;
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- **Dreams of the Soul: The Yogi Sutras of Patanjali** by Daniel R. Condron (1991); ISBN: 0944386113;
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- **Drops of Nectar: Yoga Relaxation for Rejuvenation and Healing [UNABRIDGED]** by Shiva Rea (2003); ISBN: 1591790522;
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- **Dynamic Yoga** by Kia Meaux, Russell Sadur (Photographer); ISBN: 0789480646;
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- **Emotional Yoga: How the Body Can Heal the Mind** by Bija Bennett, et al (2002); ISBN: 0684862778;
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- **Enlightenment: The Yoga Sutras of Patanjali A New Translation and Commentary** by MSI, Dharani Ishaya (Editor) (1995); ISBN: 0931783178;
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- **Essence of Vajrayana: The Highest Yoga Tantra Practice of Heruka Body Mandala** by Geshe Kelsang Gyatso (1997); ISBN: 094800648X;
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- **Every Woman's Yoga: How to Incorporate Strength, Flexibility, and Balance into Your Life** by Jaime Stover Schmitt (2002); ISBN: 0761537228;
http://www.amazon.com/exec/obidos/ASIN/0761537228/icongroupinterna
- **Everything You Need to Know About Yoga: An Introduction for Teens (Need to Know Library)** by Stefanie Iris Weiss; ISBN: 0823929590;
http://www.amazon.com/exec/obidos/ASIN/0823929590/icongroupinterna
- **Experience Yoga Nidra: Guided deep relaxation** by Swami Janakananda Saraswati (1997); ISBN: 9163094886;
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- **Five Classic Meditations: Mantra, Vipassana, Karma Yoga, Loving Kindness, Kabbalah** by Shinzen Young; ISBN: 1559270357; http://www.amazon.com/exec/obidos/ASIN/1559270357/icongroupinterna
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- **Fourteen Lessons in Yoga Philosophy** by Yogi Ramacharaka (1986); ISBN: 0911662014; http://www.amazon.com/exec/obidos/ASIN/0911662014/icongroupinterna
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- **Fundamentals of Yoga: A Handbook of Theory, Practice, and Application** by Rammurti S. Mishra, et al (1987); ISBN: 051756422X; http://www.amazon.com/exec/obidos/ASIN/051756422X/icongroupinterna
- **Gentle Yoga for Healing : Mind Body Spirit** by Annalisa Cunningham (Author) (2003); ISBN: 0806945842; http://www.amazon.com/exec/obidos/ASIN/0806945842/icongroupinterna
- **Global Kitchen: Vegetarian Favorites from the Expanding Light Yoga Retreat** by Blanche Agassy McCord (2003); ISBN: 1565891856; http://www.amazon.com/exec/obidos/ASIN/1565891856/icongroupinterna
- **Guide to Dakini Land: The Highest Yoga Tantra Practice of Buddha Vajrayogini** by Geshe Kelang Gyatso, Geshe Kelsang Gyatso (1996); ISBN: 0948006390; http://www.amazon.com/exec/obidos/ASIN/0948006390/icongroupinterna
- **Guru Yoga : According to the Preliminary Practice of Longchen Nyingtik** by Rab-Gsal-Zla-Ba, et al (1999); ISBN: 1559391219; http://www.amazon.com/exec/obidos/ASIN/1559391219/icongroupinterna
- **Happy Yoga : 7 Reasons Why There's Nothing to Worry About** by Steve Ross (Author) (2003); ISBN: 0060533390; http://www.amazon.com/exec/obidos/ASIN/0060533390/icongroupinterna
- **Hatha Yoga for Kids, by Kids** by Children of Yogaville, et al (1990); ISBN: 0932040365; http://www.amazon.com/exec/obidos/ASIN/0932040365/icongroupinterna
- **Hatha Yoga or the Yogi Philosophy of Well-Being 1904** by Yodi Ramacharaka, Yogi Ramacharaka (1998); ISBN: 0766101878; http://www.amazon.com/exec/obidos/ASIN/0766101878/icongroupinterna
- **Hatha Yoga Pradipika** by PANCHAM SINH; ISBN: 8121505755; http://www.amazon.com/exec/obidos/ASIN/8121505755/icongroupinterna
- **Hatha Yoga Pradipika** by Swami Muktibodhananda, Swami Muktibodhanada (1998); ISBN: 8185787387; http://www.amazon.com/exec/obidos/ASIN/8185787387/icongroupinterna
- **Hatha- Yoga: Its context, theory and practice** by Mikel Burley; ISBN: 8120817060; http://www.amazon.com/exec/obidos/ASIN/8120817060/icongroupinterna
- **Hatha Yoga: The Hidden Language: Symbols, Secrets, and Metaphor** by Swami Sivananda Radha; ISBN: 0931454743; http://www.amazon.com/exec/obidos/ASIN/0931454743/icongroupinterna

- **Healing Mudras: Yoga for Your Hands** by Sabrina Mesko (2000); ISBN: 0345437586; http://www.amazon.com/exec/obidos/ASIN/0345437586/icongroupinterna
- **Healing Yoga: A Guide to Integrating the Chakras With Your Yoga Practice** by Ambikananda Saraswati, et al; ISBN: 1569246289; http://www.amazon.com/exec/obidos/ASIN/1569246289/icongroupinterna
- **Healing Yourself Through Okido Yoga** by Masahiro, Oki; ISBN: 087040380X; http://www.amazon.com/exec/obidos/ASIN/087040380X/icongroupinterna
- **Health & Healing in Yoga: Selections from the Writings and Talks of the Mother** by the Mother; ISBN: 8170580234; http://www.amazon.com/exec/obidos/ASIN/8170580234/icongroupinterna
- **Health Through Yoga: Simple Practice Routines and a Guide to the Ancient Teachings** by Mira Mehta (2002); ISBN: 0007116209; http://www.amazon.com/exec/obidos/ASIN/0007116209/icongroupinterna
- **Health, Healing and Beyond: Yoga and the Living Tradition of Krishnamacharya** by T. K. V. Desikachar, et al (1998); ISBN: 0893817317; http://www.amazon.com/exec/obidos/ASIN/0893817317/icongroupinterna
- **Highest Yoga Tantra** by Daniel Cozort (1994); ISBN: 1559390360; http://www.amazon.com/exec/obidos/ASIN/1559390360/icongroupinterna
- **Hindu Yogi Breathing Exercises (1905)** by Yogi Ramacharaka (2003); ISBN: 0766127737; http://www.amazon.com/exec/obidos/ASIN/0766127737/icongroupinterna
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- **Inner Quest: Yoga's Answers to Life's Questions** by Pandit Rajmani, Ph.D. Tigunait, Rajmani Tigunait (2002); ISBN: 089389222X; http://www.amazon.com/exec/obidos/ASIN/089389222X/icongroupinterna

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http://www.amazon.com/exec/obidos/ASIN/0743243552/icongroupinterna
- **Japanese Yoga: The Way of Dynamic Meditation** by H. E. Davey; ISBN: 1880656604;
http://www.amazon.com/exec/obidos/ASIN/1880656604/icongroupinterna
- **Jennifer Kries' Pilates Plus Method: The Unique Combination of Yoga, Dance, and Pilates** by Jennifer Kries (2002); ISBN: 0446677345;
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- **Jewel in the Lotus: The Tantric Path to Higher Consciousness: A Complete and Systematic Coursein Tantric Kriya Yoga** by Sunyata Saraswati, Bodhi Avinasha (2000); ISBN: 1887472673;
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- **Yoga for Your Spiritual Muscles: A Complete Yoga Program to Strengthen Body and Spirit** by Rachel Schaeffer, et al (1998); ISBN: 0835607631; http://www.amazon.com/exec/obidos/ASIN/0835607631/icongroupinterna
- **Yoga for Your Type : An Ayurvedic Approach to Your Asana Practice** by Dr. David Frawley, Sandra Summerfield Kozak (2001); ISBN: 091026130X; http://www.amazon.com/exec/obidos/ASIN/091026130X/icongroupinterna
- **Yoga from the Inside Out: Making Peace With Your Body Through Yoga** by Christina Sell, John Friend (Foreword) (2003); ISBN: 1890772321; http://www.amazon.com/exec/obidos/ASIN/1890772321/icongroupinterna
- **Yoga Games for Children: Fun and Fitness With Postures, Movements, and Breath (Hunter House Smartfun Book)** by Danielle Bersma, et al (2003); ISBN: 0897933893; http://www.amazon.com/exec/obidos/ASIN/0897933893/icongroupinterna
- **Yoga Gems** by Georg Feuerstein (Editor) (2002); ISBN: 0553380885; http://www.amazon.com/exec/obidos/ASIN/0553380885/icongroupinterna
- **Yoga Gems 2004 Day-To-Day Calendar** by George Feuerstein (Editor), Andrews McMeel Publishing (2003); ISBN: 0740737074; http://www.amazon.com/exec/obidos/ASIN/0740737074/icongroupinterna
- **Yoga Hotel : Stories** by Maura Moynihan (Author) (2003); ISBN: 0060559322; http://www.amazon.com/exec/obidos/ASIN/0060559322/icongroupinterna
- **Yoga Journal 2004 Boxed Daily Calendar** by Cedco (2003); ISBN: 0768363772; http://www.amazon.com/exec/obidos/ASIN/0768363772/icongroupinterna
- **Yoga Journal's Yoga Basics: The Essential Beginner's Guide to Yoga for a Lifetime of Health and Fitness** by Mara Carrico, Yoga Journal (Contributor) (1997); ISBN:

0805045716;
http://www.amazon.com/exec/obidos/ASIN/0805045716/icongroupinterna

- **Yoga Kids: Educating the Whole Child Through Yoga** by Marsha Wenig, Susan Andrews (Photographer) (2003); ISBN: 1584792922; http://www.amazon.com/exec/obidos/ASIN/1584792922/icongroupinterna
- **Yoga Lessons for Developing Spiritual Consciousness1911** by Swami A. P. Mukerji (2003); ISBN: 0766126846; http://www.amazon.com/exec/obidos/ASIN/0766126846/icongroupinterna
- **Yoga Made Easy** by Howard Kent; ISBN: 1556524218; http://www.amazon.com/exec/obidos/ASIN/1556524218/icongroupinterna
- **Yoga Mala** by Sri K. Jois (Author), Sri K. Pattabhi Jois; ISBN: 0865476624; http://www.amazon.com/exec/obidos/ASIN/0865476624/icongroupinterna
- **Yoga Masters: How Yoga Theory Can Deepen Your Practice and Meditation** by Mark Forstater (2002); ISBN: 0452283647; http://www.amazon.com/exec/obidos/ASIN/0452283647/icongroupinterna
- **Yoga Mat 68' (Boxed) - Purple** by Yoga Mat Aclvga 2300Purp (2003); ISBN: 1931919895; http://www.amazon.com/exec/obidos/ASIN/1931919895/icongroupinterna
- **Yoga Meditation & the Guru** by Purusottama Bilimoria (1997); ISBN: 0958771820; http://www.amazon.com/exec/obidos/ASIN/0958771820/icongroupinterna
- **Yoga Mind And Body (DK Living)** by Sivananda Yoga Center, et al (1998); ISBN: 078943301X; http://www.amazon.com/exec/obidos/ASIN/078943301X/icongroupinterna
- **Yoga Mind, Body & Spirit: A Return to Wholeness** by Donna Farhi (2000); ISBN: 0805059709; http://www.amazon.com/exec/obidos/ASIN/0805059709/icongroupinterna
- **Yoga Mom, Buddha Baby: The Yoga Workout for New Moms** by Jyothi Larson, et al (2002); ISBN: 0553380931; http://www.amazon.com/exec/obidos/ASIN/0553380931/icongroupinterna
- **Yoga Nidra** by Swami Satyananda Saraswati; ISBN: 8185787123; http://www.amazon.com/exec/obidos/ASIN/8185787123/icongroupinterna
- **Yoga of Herbs, Ayurvedic Guide** by Dr. David Frawley, et al; ISBN: 0941524248; http://www.amazon.com/exec/obidos/ASIN/0941524248/icongroupinterna
- **Yoga of the Heart: Ten Ethical Principles for Gaining Limitless Growth, Confidence, and Achievement** by Alice Christensen; ISBN: 087596429X; http://www.amazon.com/exec/obidos/ASIN/087596429X/icongroupinterna
- **Yoga on the Ball: Enhance Your Yoga Practice Using the Exercise Ball** by Carol Mitchell; ISBN: 0892819995; http://www.amazon.com/exec/obidos/ASIN/0892819995/icongroupinterna
- **Yoga over Fifty: The Way to Vitality, Health and Energy in the Prime of Life** by Mary Stewart, Sandra Lousada (Photographer) (1994); ISBN: 0671885103; http://www.amazon.com/exec/obidos/ASIN/0671885103/icongroupinterna
- **Yoga Philosophy of Patanjali** by Swami Hariharananda Aranya, Pataanjali (1983); ISBN: 0873957296; http://www.amazon.com/exec/obidos/ASIN/0873957296/icongroupinterna

- **Yoga Poems: Lines to Unfold by** by Leza Lowitz, Anja Borgstrom (Illustrator); ISBN: 1880656450; http://www.amazon.com/exec/obidos/ASIN/1880656450/icongroupinterna
- **Yoga Rx: A Step by Step Program to Promote Health, Wellness, and Healing for Common Ailments** by Larry Payne, et al (2002); ISBN: 0767907493; http://www.amazon.com/exec/obidos/ASIN/0767907493/icongroupinterna
- **Yoga Self-Taught** by Andre Van Lysebeth, et al (1999); ISBN: 1578631270; http://www.amazon.com/exec/obidos/ASIN/1578631270/icongroupinterna
- **Yoga Spirit 2004 Calendar** by Donna Farhi (2003); ISBN: 1559497688; http://www.amazon.com/exec/obidos/ASIN/1559497688/icongroupinterna
- **Yoga Stretch for Fitness [UNABRIDGED]** by Beth Shaw (Reader) (2003); ISBN: 1593160062; http://www.amazon.com/exec/obidos/ASIN/1593160062/icongroupinterna
- **Yoga Sutras of Patanjali: With Great Respect and Love** by Mukunda Stiles (2002); ISBN: 1578632013; http://www.amazon.com/exec/obidos/ASIN/1578632013/icongroupinterna
- **Yoga The Spirit And Practice Of Moving Into Stillness** by Erich Schiffmann (Author) (1996); ISBN: 0671534807; http://www.amazon.com/exec/obidos/ASIN/0671534807/icongroupinterna
- **Yoga Trance Dance: A High-Energy Movement Meditation to Liberate Your Creative Life Force [UNABRIDGED]** by Shiva Rea, Geoffrey Gordon (2003); ISBN: 1564559238; http://www.amazon.com/exec/obidos/ASIN/1564559238/icongroupinterna
- **Yoga Turns Back the Clock: The Unique Total-Body Program that Fights Fat, Wrinkles and Fatigue** by Glenda Twining, Mark Seal (2003); ISBN: 1592330061; http://www.amazon.com/exec/obidos/ASIN/1592330061/icongroupinterna
- **Yoga Vacations: A Guide to International Yoga Retreats** by Annalisa Cunningham (1999); ISBN: 1562614746; http://www.amazon.com/exec/obidos/ASIN/1562614746/icongroupinterna
- **Yoga Wisdom: Daily Inspiration from Yoga Masters** by Cassandra Powers (Author) (2002); ISBN: 1585747092; http://www.amazon.com/exec/obidos/ASIN/1585747092/icongroupinterna
- **Yoga Workmate: A Simple Yoga Program You Can Do Almost Anywhere** by OSHA Ray (2003); ISBN: 1403388237; http://www.amazon.com/exec/obidos/ASIN/1403388237/icongroupinterna
- **Yoga Zone Introduction to Yoga: A Beginner's Guide to Health, Fitness, and Relaxation** by Alan Finger, Al Bingham (2000); ISBN: 0609804057; http://www.amazon.com/exec/obidos/ASIN/0609804057/icongroupinterna
- **Yoga Zone Yoga for Life: An Intermediate Guide to Health, Fitness, and Relaxation** by Alan Finger, Al Bingham (Contributor) (2004); ISBN: 0609804065; http://www.amazon.com/exec/obidos/ASIN/0609804065/icongroupinterna
- **Yoga, Tantra and Meditation in Daily Life** by Swami Janakananda Saraswati (1992); ISBN: 0877287686; http://www.amazon.com/exec/obidos/ASIN/0877287686/icongroupinterna

- **Yoga, Youth, & Reincarnation (Metaphysical Classics)** by Jess Yoga, Youth, and Reincarnation Stearn (1993); ISBN: 0875545637; http://www.amazon.com/exec/obidos/ASIN/0875545637/icongroupinterna
- **Yoga: A Gem for Women** by Geeta S. Iyengar; ISBN: 0931454980; http://www.amazon.com/exec/obidos/ASIN/0931454980/icongroupinterna
- **Yoga: Discipline of Freedom: The Yoga Sutra Attributed to Patanjali** by Barbara Stoler Miller (Translator), et al (1998); ISBN: 0553374281; http://www.amazon.com/exec/obidos/ASIN/0553374281/icongroupinterna
- **Yoga: Mastering Secrets of Matter and the Universe** by Alain Danielou (1991); ISBN: 0892813016; http://www.amazon.com/exec/obidos/ASIN/0892813016/icongroupinterna
- **Yoga: Mastering the Basics** by Sandra Anderson, Rolf Sovik (2002); ISBN: 089389155X; http://www.amazon.com/exec/obidos/ASIN/089389155X/icongroupinterna
- **Yoga: Simple Steps for Health and Well-Being (Glow Guide)** by Andrea McCloud, Karen Greenberg (Illustrator) (2003); ISBN: 0811838099; http://www.amazon.com/exec/obidos/ASIN/0811838099/icongroupinterna
- **Yoga: The Iyengar Way** by Silva Mehta, et al (1990); ISBN: 0679722874; http://www.amazon.com/exec/obidos/ASIN/0679722874/icongroupinterna
- **Yoga: The Path To Holistic Health** by B. K. S. Iyengar (2001); ISBN: 0789471655; http://www.amazon.com/exec/obidos/ASIN/0789471655/icongroupinterna
- **Yoga: The Perfect Companion** by Michele Picozzi (2003); ISBN: 1579122787; http://www.amazon.com/exec/obidos/ASIN/1579122787/icongroupinterna
- **Yoga: The Poetry of the Body** by Rodney Yee, et al (2002); ISBN: 0312273312; http://www.amazon.com/exec/obidos/ASIN/0312273312/icongroupinterna
- **Yoga: The Poetry of the Body: A 50-Card Practice Deck** by Rodney Yee, Nina Zolotow (Contributor) (2003); ISBN: 0312316275; http://www.amazon.com/exec/obidos/ASIN/0312316275/icongroupinterna
- **Yoga: The Science of the Soul** by Rajneesh, Osho; ISBN: 0312306148; http://www.amazon.com/exec/obidos/ASIN/0312306148/icongroupinterna
- **Yogababy : Exercises to Help You Bond With Your Baby Physically, Emotionally and Spiritually** by DeAnsin Goodson Parker Ph.D., et al; ISBN: 0767904052; http://www.amazon.com/exec/obidos/ASIN/0767904052/icongroupinterna
- **Yogaflows: A Dynamic and Fluid System to Transform Your Yoga Practice** by Mohini Chatlani (2003); ISBN: 1552976874; http://www.amazon.com/exec/obidos/ASIN/1552976874/icongroupinterna
- **Yoga-Pilates Fusion** by Jill Everett (2003); ISBN: 1842227505; http://www.amazon.com/exec/obidos/ASIN/1842227505/icongroupinterna
- **Yogas in Astrology** by Dr. K S Charak; ISBN: 819010084X; http://www.amazon.com/exec/obidos/ASIN/819010084X/icongroupinterna
- **Yogilates(R) : Integrating Yoga and Pilates for Complete Fitness, Strength, and Flexibility** by Jonathan Urla (Author) (2002); ISBN: 0060010266; http://www.amazon.com/exec/obidos/ASIN/0060010266/icongroupinterna

The National Library of Medicine Book Index

The National Library of Medicine at the National Institutes of Health has a massive database of books published on healthcare and biomedicine. Go to the following Internet site, **http://locatorplus.gov/**, and then select "Search LOCATORplus." Once you are in the search area, simply type "yoga" (or synonyms) into the search box, and select "books only." From there, results can be sorted by publication date, author, or relevance. The following was recently catalogued by the National Library of Medicine:[11]

- **A handbook of yoga for modern living.** Author: Rawls, Eugene S.; Year: 1964; New York [Pyramid Publications, c1964]
- **A simplified course of hatha yoga.** Author: Slater, V. Wallace.; Year: 1965; London, Theosophical Pub. House [1966]
- **Dynamic yoga is for you.** Author: Francis, Philip G.,; Year: 1862; Preston, Thomas [1967]
- **Essence of yoga; physical yoga arranged in the form of a lesson [by] Michael Volin in collaboration with Nancy Phelan.** Author: Volin, Michael.; Year: 1964; Sydney, Dymock's [1963]
- **Hatha yoga, theory and practice.** Author: Ruchpaul, Eva,; Year: 1964; New York, Funk; Wagnalls [1969]
- **Light on yoga. Yoga dipika.** Author: Iyengar, B. K. S.; Year: 1963; London, Allen; Unwin [1965]
- **Practical yoga for women.** Author: Day, Harvey.; Year: 1967; [London] Pelham [1969]
- **Practical yoga.** Author: Day, Harvey.; Year: 1964; London, Thorsons [1967]
- **Raja yoga; a simplified and practical course.** Author: Slater, V. Wallace.; Year: 1966; Wheaton, Ill., The Theosophical Pub. House [1968]
- **Sex and yoga [by] Michael Volin & Nancy Phelan.** Author: Volin, Michael.; Year: 1965; [London] Pelham Books [1967]
- **Teachings of Tibetan yoga. Tr. and annotated by Garma C. C. Chang.** Author: Chang, Garma C. C.; Year: 1965; New Hyde Park, N. Y., University Books [c1963]
- **The yoga way to health, peace, truth and spiritual realization.** Author: Vishnu-devananda, Swami.; Year: 1956; Val Morin [Sivanandashram
- **True yoga; the eternal philosophy of health and happiness.** Author: Zorn, William.; Year: 1963; Preston, Thomas [1965]
- **Yoga and health [by] Selvarajan Yesudian and Elisabeth Haich.** Author: Yesudian, Selva Raja.; Year: 1964; London, Unwin [1966]
- **Yoga and you; a practical approach.** Author: Hewitt, James.; Year: 1965; London, Library Thirty Three ltd. [1966]
- **Yoga as a therapeutic fact; special lectures.** Author: Adidevananda, Swami,; Year: 1951; Mysore, Prasarnga, Univ. of Mysore, 1966

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[11] In addition to LOCATORPlus, in collaboration with authors and publishers, the National Center for Biotechnology Information (NCBI) is currently adapting biomedical books for the Web. The books may be accessed in two ways: (1) by searching directly using any search term or phrase (in the same way as the bibliographic database PubMed), or (2) by following the links to PubMed abstracts. Each PubMed abstract has a "Books" button that displays a facsimile of the abstract in which some phrases are hypertext links. These phrases are also found in the books available at NCBI. Click on hyperlinked results in the list of books in which the phrase is found. Currently, the majority of the links are between the books and PubMed. In the future, more links will be created between the books and other types of information, such as gene and protein sequences and macromolecular structures. See **http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?db=Books**.

- **Yoga for backache [by] Michael Volin and Nancy Phelan.** Author: Volin, Michael.; Year: 1961; [London] Pelham Books [1965]
- **Yoga for busy people.** Author: Murphet, Howard.; Year: 1943; London, Oldbourne [1964]
- **Yoga for men only.** Author: Young, Frank Rudolph.; Year: 1963; West Nyack, N. Y., Parker [1969]
- **Yoga for physical fitness.** Author: Hittleman, Richard L.; Year: 1964; Englewood Cliffs, N. J., Prentice-Hall [c1964]
- **Yoga in ten lessons.** Author: Déchanet, Jean Marie.; Year: 1937; London, Burns; Oates [1966]
- **Yoga over forty [by] Michael Volin & Nancy Phelan.** Author: Volin, Michael.; Year: 1962; [London] Pelham [1965]
- **Yoga practice for developing and increasing physical, mental and spiritual powers [by] Swami Sivananda in collaboration with O. Nussbaumer and M. Müller-Nafzger.** Author: Sivananda, Swami,; Year: 1967; Bombay, Taraporevala [1968]
- **Yoga: training and philosophy.** Author: Rose, Richard.; Year: 1963; Cape Town, Timmins, 1965
- **Yoga; a scientific evaluation, by Kovoor T. Behanan..** Author: Behanan, Kovoor Thomas.; Year: 1963; New York, The Macmillan company, 1937
- **Yogasopana-purvacatushka. [Lekhaka:] Narayana Ghamande. [Sampadaka:] Vi´snu Vasudeva Pana´sikara.** Author: Ghamande, Narayana.; Year: 1964; Mumbai [Tukarama Buka Depo] 1951

Chapters on Yoga

In order to find chapters that specifically relate to yoga, an excellent source of abstracts is the Combined Health Information Database. You will need to limit your search to book chapters and yoga using the "Detailed Search" option. Go to the following hyperlink: **http://chid.nih.gov/detail/detail.html**. To find book chapters, use the drop boxes at the bottom of the search page where "You may refine your search by." Select the dates and language you prefer, and the format option "Book Chapter." Type "yoga" (or synonyms) into the "For these words:" box. The following is a typical result when searching for book chapters on yoga:

- **Conservative Therapies for Interstitial Cystitis**

  Source: in Moldwin, R.M. Interstitial Cystitis Survival Guide: Your Guide to the Latest Treatment Options and Coping Strategies. Oakland, CA: New Harbinger Publications, Inc. 2000. p. 175-191.

  Contact: Available from Interstitial Cystitis Association. 51 Monroe Street, Suite 1402, Rockville, MD 20850. (800) HELP-ICA or (301) 610-5300. Fax (301) 610-5308. E-mail: icamail@ichelp.org. Website: www.ichelp.org. PRICE: $12.00 plus shipping and handling. ISBN: 1572242108.

  Summary: More than 700,000 Americans have interstitial cystitis (IC), a condition that includes symptoms of recurring bladder pain and discomfort on urination. This chapter on conservative therapies for IC is from a self care book designed to empower readers by simplifying the diagnostic and treatment process for IC. The primary object of the

book is to build a framework for delivering proper care to the IC patient. This chapter reviews forms of treatment that have nothing to do with traditional medications or surgical procedures. Patients can administer some of these therapies themselves. Other forms of care involve practitioners other than doctors or nursing specialists. The author notes that some of the topics discussed in this chapter have no clinical research to substantiate their efficacy; however, their continued use by IC patients merits mention. Topics include dietary changes, fluid intake, biofeedback, electrical stimulation therapy, transcutaneous electrical nerve stimulation (TENS), stress reduction, bladder retraining, physical therapy, acupuncture, and vitamin therapy. Diet has an influence on the symptoms of IC in over 50 percent of patients. The author reminds readers that each person has a different response to different foods, so any dietary strategies must be highly individualized. Adequate recordkeeping can assist patients in determining which foods to avoid. A list of foods that may cause a worsening of IC symptoms is provided. Strategies for stress reduction include progressive muscle relaxation, diaphragmatic training, hypnosis, **yoga** and tai chi, massage therapy, counseling, and peer support groups.

Directories

In addition to the references and resources discussed earlier in this chapter, a number of directories relating to yoga have been published that consolidate information across various sources. The Combined Health Information Database lists the following, which you may wish to consult in your local medical library:[12]

- **Directory of Schools for Alternative and Complementary Health Care**

  Source: Phoenix, AZ: Oryx Press. 1998. 250 p.

  Contact: Oryx Press. PO Box 33889, Phoenix, AZ 85067-3889. 800-279-6799, 602-265-2651, FAX: 602-265-2650, 800-279-4663. PRICE: $49.50. ISBN: 157356110X.

  Summary: This book provides information on schools and programs in the United States and Canada that offer professional training in alternative and complementary modalities, including acupressure, acupuncture, Alexander technique, aromatherapy, Ayurvedic medicine, biofeedback, chiropractic, Feldenkrais, herbal medicine, homeopathy, hypnotherapy, massage therapy and bodywork, midwifery, naturopathic medicine, Oriental medicine, polarity therapy, reflexology, reiki, Shiatsu, and **Yoga.** The book contains a list of abbreviations, a glossary, a subject index, and nine essays on selected alternative medicine health fields describing each modality and the training and education required to practice in that field. The alphabetical listing of schools by state provides contact information, including the school's name, address, telephone number, fax number, e-mail address, and Web page address, if available. The school listing is

[12] You will need to limit your search to "Directory" and "yoga" using the "Detailed Search" option. Go directly to the following hyperlink: **http://chid.nih.gov/detail/detail.html**. To find directories, use the drop boxes at the bottom of the search page where "You may refine your search by." For publication date, select "All Years." Select your preferred language and the format option "Directory." Type "yoga" (or synonyms) into the "For these words:" box. You should check back periodically with this database as it is updated every three months.

followed by a list of organizations and accrediting bodies and resources for further reading. This book also provides an index of schools by name and by specialization, and a general index.

CHAPTER 8. MULTIMEDIA ON YOGA

Overview

In this chapter, we show you how to keep current on multimedia sources of information on yoga. We start with sources that have been summarized by federal agencies, and then show you how to find bibliographic information catalogued by the National Library of Medicine.

Video Recordings

An excellent source of multimedia information on yoga is the Combined Health Information Database. You will need to limit your search to "Videorecording" and "yoga" using the "Detailed Search" option. Go directly to the following hyperlink: **http://chid.nih.gov/detail/detail.html**. To find video productions, use the drop boxes at the bottom of the search page where "You may refine your search by." Select the dates and language you prefer, and the format option "Videorecording (videotape, videocassette, etc.)." Type "yoga" (or synonyms) into the "For these words:" box. The following is a typical result when searching for video recordings on yoga:

- **Living With AIDS Through Yoga and Meditation**

  Contact: Kripa West Charity Foundation, 388 Point McKay Gdns NW, Calgary, (403) 270-9691.

  Summary: This two-part video is designed to provide a practical guide for coping with HIV/AIDS through yoga. Its goals include strengthening the immune system, calming the nervous system, and ridding the body of toxins from medications. The postures or positions of the first section progress from beginning to advanced levels. Each posture has specific physiological benefits, or alleviates symptoms. Gentleness is recommended. The importance of breathing is emphasized. The suggested length of each posture and detailed instructions for entering and leaving the postures are provided. The second part of the video introduces breath awareness and meditation. It focuses on messages of wellness. These exercises are demonstrated by an individual living with AIDS, his yoga instructor and Father Joe Pereira, a yoga expert.

- **Armchair Fitness: Yoga Health**

  Source: Silver Spring, MD: CC-M Productions. 1996. (videocassette).

  Contact: Available from Armchair Fitness Videos-CHID. CC-M Productions. 8510 Cedar Street, Silver Spring, MD 20910. (800) 453-6280. Fax (301) 585-2321. PRICE: $39.95 plus $4.00 shipping and handling; series of 4 videocassettes available for $119.96 plus $7.50 shipping and handling.

  Summary: This exercise videotape features men and women of different ethnic groups and ages demonstrating aerobics that can be performed while seated. Master teacher and health educator Pat Hulbert leads participants in three 27-minute sessions of breathing for relaxation, coordinated stretching, and yoga movements seated in a chair. The program encourages regular practice of rhythmic stretching and relaxation to promote confidence, a deepened sense of well-being, and serenity. The movements require no prior yoga experience. Soothing music accompanies the program. The videotape is one in a series of four programs, including a gentle workout, strength and stamina, and aerobics. (AA-M).

Bibliography: Multimedia on Yoga

The National Library of Medicine is a rich source of information on healthcare-related multimedia productions including slides, computer software, and databases. To access the multimedia database, go to the following Web site: **http://locatorplus.gov/**. Select "Search LOCATORplus." Once in the search area, simply type in yoga (or synonyms). Then, in the option box provided below the search box, select "Audiovisuals and Computer Files." From there, you can choose to sort results by publication date, author, or relevance. The following multimedia has been indexed on yoga (for more information, follow the hyperlink indicated):

- **Alternative medicine [videorecording]: Yoga** Source: Baba Yoga Bay; Year: 2003; Format: Videorecording; Atlanta, GA: History on Video, c2003
- **Yoga [sound recording]: the art of self-healing** Source: Karabi Sen; Year: 1985; Format: Sound recording; Milwaukee, WI: Institute for Human Enhancement, p1985

CHAPTER 9. PERIODICALS AND NEWS ON YOGA

Overview

In this chapter, we suggest a number of news sources and present various periodicals that cover yoga.

News Services and Press Releases

One of the simplest ways of tracking press releases on yoga is to search the news wires. In the following sample of sources, we will briefly describe how to access each service. These services only post recent news intended for public viewing.

PR Newswire

To access the PR Newswire archive, simply go to **http://www.prnewswire.com/**. Select your country. Type "yoga" (or synonyms) into the search box. You will automatically receive information on relevant news releases posted within the last 30 days. The search results are shown by order of relevance.

Reuters Health

The Reuters' Medical News and Health eLine databases can be very useful in exploring news archives relating to yoga. While some of the listed articles are free to view, others are available for purchase for a nominal fee. To access this archive, go to **http://www.reutershealth.com/en/index.html** and search by "yoga" (or synonyms). The following was recently listed in this archive for yoga:

- **Yoga and 8,000 pills keep AIDS veteran fit**
  Source: Reuters Health eLine
  Date: July 16, 2003
  http://www.reutershealth.com/archive/2003/07/16/eline/links/20030716elin012.htm
  l

- **Got stress? Try yoga, study suggests**
  Source: Reuters Health eLine
  Date: June 19, 2003

- **Yoga, exercise beats fatigue in multiple sclerosis**
  Source: Reuters Health eLine
  Date: April 10, 2003

- **Sahaja yoga mediation of some benefit in asthma treatment**
  Source: Reuters Medical News
  Date: January 29, 2002

- **Yoga may help those with chronic pain**
  Source: Reuters Health eLine
  Date: August 21, 2001

- **Yoga shown to slow heart disease**
  Source: Reuters Health eLine
  Date: July 13, 2000

- **Stress-busting yoga lowers blood pressure too**
  Source: Reuters Health eLine
  Date: May 26, 2000

- **Yoga helped victims of Union Carbide gas disaster**
  Source: Reuters Health eLine
  Date: October 20, 1999

- **Yoga Flex for Better Sex**
  Source: Reuters Health eLine
  Date: September 09, 1997

The NIH

Within MEDLINEplus, the NIH has made an agreement with the New York Times Syndicate, the AP News Service, and Reuters to deliver news that can be browsed by the public. Search news releases at **http://www.nlm.nih.gov/medlineplus/alphanews_a.html**. MEDLINEplus allows you to browse across an alphabetical index. Or you can search by date at the following Web page: **http://www.nlm.nih.gov/medlineplus/newsbydate.html**. Often, news items are indexed by MEDLINEplus within its search engine.

Business Wire

Business Wire is similar to PR Newswire. To access this archive, simply go to **http://www.businesswire.com/**. You can scan the news by industry category or company name.

Market Wire

Market Wire is more focused on technology than the other wires. To browse the latest press releases by topic, such as alternative medicine, biotechnology, fitness, healthcare, legal, nutrition, and pharmaceuticals, access Market Wire's Medical/Health channel at **http://www.marketwire.com/mw/release_index?channel=MedicalHealth**. Or simply go to Market Wire's home page at **http://www.marketwire.com/mw/home**, type "yoga" (or synonyms) into the search box, and click on "Search News." As this service is technology oriented, you may wish to use it when searching for press releases covering diagnostic procedures or tests.

Search Engines

Medical news is also available in the news sections of commercial Internet search engines. See the health news page at Yahoo (**http://dir.yahoo.com/Health/News_and_Media/**), or you can use this Web site's general news search page at **http://news.yahoo.com/**. Type in "yoga" (or synonyms). If you know the name of a company that is relevant to yoga, you can go to any stock trading Web site (such as **http://www.etrade.com/**) and search for the company name there. News items across various news sources are reported on indicated hyperlinks. Google offers a similar service at **http://news.google.com/**.

BBC

Covering news from a more European perspective, the British Broadcasting Corporation (BBC) allows the public free access to their news archive located at **http://www.bbc.co.uk/**. Search by "yoga" (or synonyms).

Newsletter Articles

Use the Combined Health Information Database, and limit your search criteria to "newsletter articles." Again, you will need to use the "Detailed Search" option. Go directly to the following hyperlink: **http://chid.nih.gov/detail/detail.html**. Go to the bottom of the search page where "You may refine your search by." Select the dates and language that you prefer. For the format option, select "Newsletter Article." Type "yoga" (or synonyms) into the "For these words:" box. You should check back periodically with this database as it is updated every three months. The following is a typical result when searching for newsletter articles on yoga:

- **Yoga for Runners**

  Source: Running and Fitnews. 19(7): 4-5. July 2001.

  Contact: The American Running Association.

  Summary: Weinkle presents 10 yoga postures that runners can use for warming up and cooling down. Hatha yoga promotes slow and controlled stretching. With regular practice, a 15-minute session of yoga postures teaches body alignment and the good form necessary to run well. Mind and body work together allowing runners to move more freely with more awareness of running mechanics and posture. Weinkle maintains that yoga increases body sense and allows runners to spot and correct trouble before a

repetitive stress injury develops. Illustrations and detailed explanations demonstrate the yoga postures.

Academic Periodicals covering Yoga

Numerous periodicals are currently indexed within the National Library of Medicine's PubMed database that are known to publish articles relating to yoga. In addition to these sources, you can search for articles covering yoga that have been published by any of the periodicals listed in previous chapters. To find the latest studies published, go to **http://www.ncbi.nlm.nih.gov/pubmed**, type the name of the periodical into the search box, and click "Go."

If you want complete details about the historical contents of a journal, you can also visit the following Web site: **http://www.ncbi.nlm.nih.gov/entrez/jrbrowser.cgi**. Here, type in the name of the journal or its abbreviation, and you will receive an index of published articles. At **http://locatorplus.gov/**, you can retrieve more indexing information on medical periodicals (e.g. the name of the publisher). Select the button "Search LOCATORplus." Then type in the name of the journal and select the advanced search option "Journal Title Search."

APPENDICES

APPENDIX A. PHYSICIAN RESOURCES

Overview

In this chapter, we focus on databases and Internet-based guidelines and information resources created or written for a professional audience.

NIH Guidelines

Commonly referred to as "clinical" or "professional" guidelines, the National Institutes of Health publish physician guidelines for the most common diseases. Publications are available at the following by relevant Institute[13]:

- Office of the Director (OD); guidelines consolidated across agencies available at **http://www.nih.gov/health/consumer/conkey.htm**
- National Institute of General Medical Sciences (NIGMS); fact sheets available at **http://www.nigms.nih.gov/news/facts/**
- National Library of Medicine (NLM); extensive encyclopedia (A.D.A.M., Inc.) with guidelines: **http://www.nlm.nih.gov/medlineplus/healthtopics.html**
- National Cancer Institute (NCI); guidelines available at **http://www.cancer.gov/cancerinfo/list.aspx?viewid=5f35036e-5497-4d86-8c2c-714a9f7c8d25**
- National Eye Institute (NEI); guidelines available at **http://www.nei.nih.gov/order/index.htm**
- National Heart, Lung, and Blood Institute (NHLBI); guidelines available at **http://www.nhlbi.nih.gov/guidelines/index.htm**
- National Human Genome Research Institute (NHGRI); research available at **http://www.genome.gov/page.cfm?pageID=10000375**
- National Institute on Aging (NIA); guidelines available at **http://www.nia.nih.gov/health/**

[13] These publications are typically written by one or more of the various NIH Institutes.

- National Institute on Alcohol Abuse and Alcoholism (NIAAA); guidelines available at **http://www.niaaa.nih.gov/publications/publications.htm**
- National Institute of Allergy and Infectious Diseases (NIAID); guidelines available at **http://www.niaid.nih.gov/publications/**
- National Institute of Arthritis and Musculoskeletal and Skin Diseases (NIAMS); fact sheets and guidelines available at **http://www.niams.nih.gov/hi/index.htm**
- National Institute of Child Health and Human Development (NICHD); guidelines available at **http://www.nichd.nih.gov/publications/pubskey.cfm**
- National Institute on Deafness and Other Communication Disorders (NIDCD); fact sheets and guidelines at **http://www.nidcd.nih.gov/health/**
- National Institute of Dental and Craniofacial Research (NIDCR); guidelines available at **http://www.nidr.nih.gov/health/**
- National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK); guidelines available at **http://www.niddk.nih.gov/health/health.htm**
- National Institute on Drug Abuse (NIDA); guidelines available at **http://www.nida.nih.gov/DrugAbuse.html**
- National Institute of Environmental Health Sciences (NIEHS); environmental health information available at **http://www.niehs.nih.gov/external/facts.htm**
- National Institute of Mental Health (NIMH); guidelines available at **http://www.nimh.nih.gov/practitioners/index.cfm**
- National Institute of Neurological Disorders and Stroke (NINDS); neurological disorder information pages available at **http://www.ninds.nih.gov/health_and_medical/disorder_index.htm**
- National Institute of Nursing Research (NINR); publications on selected illnesses at **http://www.nih.gov/ninr/news-info/publications.html**
- National Institute of Biomedical Imaging and Bioengineering; general information at **http://grants.nih.gov/grants/becon/becon_info.htm**
- Center for Information Technology (CIT); referrals to other agencies based on keyword searches available at **http://kb.nih.gov/www_query_main.asp**
- National Center for Complementary and Alternative Medicine (NCCAM); health information available at **http://nccam.nih.gov/health/**
- National Center for Research Resources (NCRR); various information directories available at **http://www.ncrr.nih.gov/publications.asp**
- Office of Rare Diseases; various fact sheets available at **http://rarediseases.info.nih.gov/html/resources/rep_pubs.html**
- Centers for Disease Control and Prevention; various fact sheets on infectious diseases available at **http://www.cdc.gov/publications.htm**

NIH Databases

In addition to the various Institutes of Health that publish professional guidelines, the NIH has designed a number of databases for professionals.[14] Physician-oriented resources provide a wide variety of information related to the biomedical and health sciences, both past and present. The format of these resources varies. Searchable databases, bibliographic citations, full-text articles (when available), archival collections, and images are all available. The following are referenced by the National Library of Medicine:[15]

- **Bioethics:** Access to published literature on the ethical, legal, and public policy issues surrounding healthcare and biomedical research. This information is provided in conjunction with the Kennedy Institute of Ethics located at Georgetown University, Washington, D.C.: **http://www.nlm.nih.gov/databases/databases_bioethics.html**
- **HIV/AIDS Resources:** Describes various links and databases dedicated to HIV/AIDS research: **http://www.nlm.nih.gov/pubs/factsheets/aidsinfs.html**
- **NLM Online Exhibitions:** Describes "Exhibitions in the History of Medicine": **http://www.nlm.nih.gov/exhibition/exhibition.html**. Additional resources for historical scholarship in medicine: **http://www.nlm.nih.gov/hmd/hmd.html**
- **Biotechnology Information:** Access to public databases. The National Center for Biotechnology Information conducts research in computational biology, develops software tools for analyzing genome data, and disseminates biomedical information for the better understanding of molecular processes affecting human health and disease: **http://www.ncbi.nlm.nih.gov/**
- **Population Information:** The National Library of Medicine provides access to worldwide coverage of population, family planning, and related health issues, including family planning technology and programs, fertility, and population law and policy: **http://www.nlm.nih.gov/databases/databases_population.html**
- **Cancer Information:** Access to cancer-oriented databases: **http://www.nlm.nih.gov/databases/databases_cancer.html**
- **Profiles in Science:** Offering the archival collections of prominent twentieth-century biomedical scientists to the public through modern digital technology: **http://www.profiles.nlm.nih.gov/**
- **Chemical Information:** Provides links to various chemical databases and references: **http://sis.nlm.nih.gov/Chem/ChemMain.html**
- **Clinical Alerts:** Reports the release of findings from the NIH-funded clinical trials where such release could significantly affect morbidity and mortality: **http://www.nlm.nih.gov/databases/alerts/clinical_alerts.html**
- **Space Life Sciences:** Provides links and information to space-based research (including NASA): **http://www.nlm.nih.gov/databases/databases_space.html**
- **MEDLINE:** Bibliographic database covering the fields of medicine, nursing, dentistry, veterinary medicine, the healthcare system, and the pre-clinical sciences: **http://www.nlm.nih.gov/databases/databases_medline.html**

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[14] Remember, for the general public, the National Library of Medicine recommends the databases referenced in MEDLINE*plus* (**http://medlineplus.gov/** or **http://www.nlm.nih.gov/medlineplus/databases.html**).

[15] See **http://www.nlm.nih.gov/databases/databases.html**.

- **Toxicology and Environmental Health Information (TOXNET):** Databases covering toxicology and environmental health: **http://sis.nlm.nih.gov/Tox/ToxMain.html**
- **Visible Human Interface:** Anatomically detailed, three-dimensional representations of normal male and female human bodies: **http://www.nlm.nih.gov/research/visible/visible_human.html**

The Combined Health Information Database

A comprehensive source of information on clinical guidelines written for professionals is the Combined Health Information Database. You will need to limit your search to one of the following: Brochure/Pamphlet, Fact Sheet, or Information Package, and "yoga" using the "Detailed Search" option. Go directly to the following hyperlink: **http://chid.nih.gov/detail/detail.html**. To find associations, use the drop boxes at the bottom of the search page where "You may refine your search by." For the publication date, select "All Years." Select your preferred language and the format option "Fact Sheet." Type "yoga" (or synonyms) into the "For these words:" box. The following is a sample result:

- **Care Team Training Manual**

  Contact: AIDS Interfaith Network Incorporated, 1005 W Jefferson Blvd Ste 301, Dallas, TX, 75208, (214) 941-7696.

  Summary: This manual outlines medical information related to Acquired immunodeficiency syndrome (AIDS) and Human immunodeficiency virus (HIV), as well as practical ways local religious communities can respond to, and help, Persons with AIDS (PWA's). Prepared by the AIDS Interfaith Network, a community-based organization involving volunteers from all religious denominations, this manual trains members of "care teams" which offer respite care to PWA's, their primary caregivers, and their families and friends. The manual explores some theological issues related to HIV infection. Basic HIV information is presented, including HIV transmission, opportunistic infections, symptoms, treatments, HIV prevention, and casual contact transmission. Psychological factors relating to HIV infection, sexual relationships, and emotional support are described. The manual examines alternative therapies including metaphysics, crystals, homeopathy, nutrition, and emotional healing approaches (yoga, meditation, visualization, and spiritual meditation). Aspects of grief, and death and dying, are covered, as are spiritual resources available to PWA's and caregivers. Finally, the manual outlines the basic requirements of physical care of PWA's. Appendixes provide supplemental information and suggestions regarding volunteer caregiving; stages of grief, needs of the dying, and death procedures; and body mechanics essential to successful home care.

- **Alternative + Holistic Health Care for AIDS and Its Prevention: A Sourcebook of Descriptions, Bibliography, and Practitioners in the Washington, DC, Baltimore, Maryland Area**

  Contact: Whitman-Walker Clinic, AIDS Program, 1407 S St NW, Washington, DC, 20009-3840, (202) 365-5225, http://www.wwc.org.

  Summary: This sourcebook provides information on alternative, supplemental, and holistic health care for persons with Acquired immunodeficiency syndrome (AIDS), AIDS-related conditions (ARC), seropositive individuals, and other concerned parties. Therapies include acupuncture, guided imagery, macrobiotics, massage, nutrition, reiki,

vitamin therapy, **Yoga,** and other special approaches. Religious/spiritual, self-help, and other information resources are listed.

The NLM Gateway[16]

The NLM (National Library of Medicine) Gateway is a Web-based system that lets users search simultaneously in multiple retrieval systems at the U.S. National Library of Medicine (NLM). It allows users of NLM services to initiate searches from one Web interface, providing one-stop searching for many of NLM's information resources or databases.[17] To use the NLM Gateway, simply go to the search site at **http://gateway.nlm.nih.gov/gw/Cmd**. Type "yoga" (or synonyms) into the search box and click "Search." The results will be presented in a tabular form, indicating the number of references in each database category.

Results Summary

Category	Items Found
Journal Articles	670
Books / Periodicals / Audio Visual	364
Consumer Health	15
Meeting Abstracts	24
Other Collections	0
Total	1073

HSTAT[18]

HSTAT is a free, Web-based resource that provides access to full-text documents used in healthcare decision-making.[19] These documents include clinical practice guidelines, quick-reference guides for clinicians, consumer health brochures, evidence reports and technology assessments from the Agency for Healthcare Research and Quality (AHRQ), as well as AHRQ's Put Prevention Into Practice.[20] Simply search by "yoga" (or synonyms) at the following Web site: **http://text.nlm.nih.gov**.

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[16] Adapted from NLM: **http://gateway.nlm.nih.gov/gw/Cmd?Overview.x**.

[17] The NLM Gateway is currently being developed by the Lister Hill National Center for Biomedical Communications (LHNCBC) at the National Library of Medicine (NLM) of the National Institutes of Health (NIH).

[18] Adapted from HSTAT: **http://www.nlm.nih.gov/pubs/factsheets/hstat.html**.

[19] The HSTAT URL is **http://hstat.nlm.nih.gov/**.

[20] Other important documents in HSTAT include: the National Institutes of Health (NIH) Consensus Conference Reports and Technology Assessment Reports; the HIV/AIDS Treatment Information Service (ATIS) resource documents; the Substance Abuse and Mental Health Services Administration's Center for Substance Abuse Treatment (SAMHSA/CSAT) Treatment Improvement Protocols (TIP) and Center for Substance Abuse Prevention (SAMHSA/CSAP) Prevention Enhancement Protocols System (PEPS); the Public Health Service (PHS) Preventive Services Task Force's *Guide to Clinical Preventive Services*; the independent, nonfederal Task Force on Community Services' *Guide to Community Preventive Services*; and the Health Technology Advisory Committee (HTAC) of the Minnesota Health Care Commission (MHCC) health technology evaluations.

Coffee Break: Tutorials for Biologists[21]

Coffee Break is a general healthcare site that takes a scientific view of the news and covers recent breakthroughs in biology that may one day assist physicians in developing treatments. Here you will find a collection of short reports on recent biological discoveries. Each report incorporates interactive tutorials that demonstrate how bioinformatics tools are used as a part of the research process. Currently, all Coffee Breaks are written by NCBI staff.[22] Each report is about 400 words and is usually based on a discovery reported in one or more articles from recently published, peer-reviewed literature.[23] This site has new articles every few weeks, so it can be considered an online magazine of sorts. It is intended for general background information. You can access the Coffee Break Web site at the following hyperlink: **http://www.ncbi.nlm.nih.gov/Coffeebreak/**.

Other Commercial Databases

In addition to resources maintained by official agencies, other databases exist that are commercial ventures addressing medical professionals. Here are some examples that may interest you:

- **CliniWeb International:** Index and table of contents to selected clinical information on the Internet; see **http://www.ohsu.edu/cliniweb/**.
- **Medical World Search:** Searches full text from thousands of selected medical sites on the Internet; see **http://www.mwsearch.com/**.

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[21] Adapted from **http://www.ncbi.nlm.nih.gov/Coffeebreak/Archive/FAQ.html**.

[22] The figure that accompanies each article is frequently supplied by an expert external to NCBI, in which case the source of the figure is cited. The result is an interactive tutorial that tells a biological story.

[23] After a brief introduction that sets the work described into a broader context, the report focuses on how a molecular understanding can provide explanations of observed biology and lead to therapies for diseases. Each vignette is accompanied by a figure and hypertext links that lead to a series of pages that interactively show how NCBI tools and resources are used in the research process.

APPENDIX B. PATIENT RESOURCES

Overview

Official agencies, as well as federally funded institutions supported by national grants, frequently publish a variety of guidelines written with the patient in mind. These are typically called "Fact Sheets" or "Guidelines." They can take the form of a brochure, information kit, pamphlet, or flyer. Often they are only a few pages in length. Since new guidelines on yoga can appear at any moment and be published by a number of sources, the best approach to finding guidelines is to systematically scan the Internet-based services that post them.

Patient Guideline Sources

The remainder of this chapter directs you to sources which either publish or can help you find additional guidelines on topics related to yoga. Due to space limitations, these sources are listed in a concise manner. Do not hesitate to consult the following sources by either using the Internet hyperlink provided, or, in cases where the contact information is provided, contacting the publisher or author directly.

The National Institutes of Health

The NIH gateway to patients is located at **http://health.nih.gov/**. From this site, you can search across various sources and institutes, a number of which are summarized below.

Topic Pages: MEDLINEplus

The National Library of Medicine has created a vast and patient-oriented healthcare information portal called MEDLINEplus. Within this Internet-based system are "health topic pages" which list links to available materials relevant to yoga. To access this system, log on to **http://www.nlm.nih.gov/medlineplus/healthtopics.html**. From there you can either search using the alphabetical index or browse by broad topic areas. Recently, MEDLINEplus listed the following when searched for "yoga":

- Other guides

  Adrenal Gland Disorders
  http://www.nlm.nih.gov/medlineplus/adrenalglanddisorders.html

  Arthritis
  http://www.nlm.nih.gov/medlineplus/arthritis.html

  Benign Tumors
  http://www.nlm.nih.gov/medlineplus/benigntumors.html

  Osteoarthritis
  http://www.nlm.nih.gov/medlineplus/osteoarthritis.html

You may also choose to use the search utility provided by MEDLINEplus at the following Web address: **http://www.nlm.nih.gov/medlineplus/**. Simply type a keyword into the search box and click "Search." This utility is similar to the NIH search utility, with the exception that it only includes materials that are linked within the MEDLINEplus system (mostly patient-oriented information). It also has the disadvantage of generating unstructured results. We recommend, therefore, that you use this method only if you have a very targeted search.

The Combined Health Information Database (CHID)

CHID Online is a reference tool that maintains a database directory of thousands of journal articles and patient education guidelines on yoga. CHID offers summaries that describe the guidelines available, including contact information and pricing. CHID's general Web site is **http://chid.nih.gov/**. To search this database, go to **http://chid.nih.gov/detail/detail.html**. In particular, you can use the advanced search options to look up pamphlets, reports, brochures, and information kits. The following was recently posted in this archive:

- **Introduction to Complementary Therapies**

  Contact: Canadian Public Health Association, Canadian HIV/AIDS Clearinghouse, 400-1565 Carling Ave Ste 400, Ottawa, (613) 725-3434, http://www.cpha.ca.

  Summary: This pamphlet discusses complementary therapies that may help the patient with human immunodeficiency virus (HIV)/acquired immunodeficiency disease (AIDS). The pamphlet compares western medicine and complementary therapies and describes the following therapies: ayurveda, acupuncture and acupressure, aromatherapy, chiropractic therapy, massage, meditation, naturopathy, reflexology, reiki, shiatsu massage, sidha medicine, tai chi, and **Yoga.** The pamphlet advises the patient to consult the physician about therapies he/she plans to take and to inform the complementary therapist about prescribed drugs being taken.

- **Complementary/Alternative Therapies for HIV/AIDS : Information for Inmates**

  Contact: SIDA Nouveau Brunswick/AIDS New Brunswick, 65 Brunswick St, Fredericton, (506) 459-7518, http://www.aidsnb.com.

  Summary: This brochure for incarcerated persons with the human immunodeficiency virus (HIV)/acquired immune deficiency syndrome (AIDS) discusses complementary or alternative therapies to current medical treatments. The therapies can be called complementary or alternative, depending on whether they are used with or instead of

drugs or medication. The brochure discusses the complementary/alternative therapies of immune boosters, herbs, acupuncture, massage, exercise, meditation, **Yoga,** tai chi, and visualization. For each of these therapies, the brochure explains the reasoning behind their use as complementary or alternative therapies for HIV/AIDS. Sources of additional information are included.

- **Alternative Approaches**

  Source: Portland, OR: National Psoriasis Foundation. 2001. 32 p.

  Contact: Available from National Psoriasis Foundation. 6600 SW 92nd Avenue, Suite 300, Portland, OR 97223-7195. (800) 723-9166 or (503) 244-7404. Fax (503) 245-0626. E-mail: getinfo@npfusa.org. Website: www.psoriasis.org. PRICE: Contact NPF for current pricing.

  Summary: This booklet provides people who have psoriasis with information on alternative approaches to treating psoriasis or psoriatic arthritis. The term alternative applies to any approach that is outside the mainstream of typical psoriasis treatments. There are several schools of medicine outside of Western medicine, including naturopathic medicine, homeopathic medicine, Ayurvedic medicine, Chinese medicine, acupuncture, and chiropractic. The booklet defines each of these disciplines and explains the manner in which each one treats disease. This is followed by a discussion of practices that promote relaxation and stress reduction, including meditation, hypnosis, massage, **Yoga,** and biofeedback. The booklet then examines dietary regimens that have been promoted as treatments for psoriasis, including the Pagano diet and the consumption of sun sensitizing foods. Another topic is the use of dietary supplements such as fish oil, evening primrose oil, shark cartilage, herbal remedies, and vitamin supplements. The booklet also describes climatotherapy at the Dead Sea in Israel, the Blue Lagoon in Iceland, and Soap Lake in Washington State. Other therapies considered include the use of topical products made from apple cider vinegar, witch hazel, tea tree oil, neem oil, mahonia aquifolium, emu oil, aloe, capsaicin, oat extracts, and evening primrose oil. In addition, the booklet discusses substances or techniques reported to be beneficial for people with psoriatic arthritis, including glucosamine and chondroitin, methylsulfonylmethane, S-adenosylmethionine, magnet therapy, and balneotherapy. The booklet includes a list of additional resources on alternative therapies and a list of National Psoriasis Foundation resources, as well as information about the National Psoriasis Foundation.

- **Living With Restless Legs**

  Source: Rochester, MN: Restless Legs Syndrome Foundaton, Inc. 2001. 16 p.

  Contact: Available from Restless Legs Syndrome Foundation, Inc. 819 Second Street SW, Rochester, MN 55902-2985. (507) 287-6465. Fax: (507) 287-6312. Website: www.rls.org. Email: rlsfoundation@rls.org.

  Summary: This brochure discusses the symptoms, cause, diagnosis, and treatment of restless legs syndrome. Restless legs syndrome (RLS) is a neurologic condition with four primary features: bothersome sensations that produce a strong urge to move the legs, symptoms that are worse when resting and lessened when the patient voluntarily moves the affected limb, symptoms that are worse in the evening and at night, and movement of the toes, feet, or legs when the patient is sitting or lying down in the evening. The causes of RLS are still being researched but it is known that RLS has a genetic component, is related to attention-deficit hyperactivity disorder, and may be secondary to other conditions including pregnancy and kidney failure. RLS is diagnosed

by reviewing medical history and an overnight sleep test. Treatment includes correcting any vitamin deficiencies that might be the cause of RLS, lifestyle changes including avoiding caffeine and alcohol, implementing a sleep regimen, exercising before bedtime, and engaging in self-directed activities such as **yoga** and stretching. If these methods do not alleviate the symptoms of RLS, drug therapy may become necessary. Although the FDA has not approved any medications to treat RLS, dopaminergic agents, sedatives, pain relievers, and anticonvulsants have proved beneficial. These medications may be used in combination. They have side effects, and their use is dependent on the severity of symptoms. This brochure includes a checklist of symptoms to help readers determine if they have RLS.

- **Preparing to Reduce Stress**

  Source: Midland, MI: Health Enhancement Systems. 1998. 14 p.

  Contact: Available from Health Enhancement Systems. P.O. Box 1035, Midland, MI 48641-1035. (800) 326-2317. Fax (517) 839-0025. PRICE: $1.98 each for a pack of 10 to 50 brochures; bulk quantities available; plus shipping and handling. Item number HESSM-3.

  Summary: This brochure provides readers with information on preparing to reduce stress. The brochure includes activities that readers complete to learn and practice the skills they need to manage stress for life. The brochure begins by outlining the advantages of reducing stress, including warding off depression, strengthening resistance to illness, improving overall health, having more restful sleep and better eating habits, and saving money on medications. This is followed by options for managing stress, including deep breathing exercises, visualization, biofeedback, meditation, exercise, **Yoga,** diet, and counseling. The brochure then provides guidelines for achieving balance in one's life and offers suggestions for reducing stress by controlling one's responses, being organized at work, making one's home a haven, coping with commuting, eating well, and making time for fun. Other topics include identifying specific, measurable, achievable, relevant, and trackable goals and putting a personal plan into action by setting a start date, telling others about one's commitment to stress management, and establishing priorities. In addition, the brochure presents 15 ways to reduce stress in 30 days. The brochure includes a stress reduction log and a list of helpful organizations. 1 figure.

- **Exercise Your Stress Away**

  Source: Santa Cruz, CA: Journeyworks Publishing, 1997.

  Contact: Journeyworks Publishing, PO Box 8466, Santa Cruz CA 95061. (408) 423-1400.

  Summary: This brochure explains what exercise is and how it helps to reduce tension. The author suggests using aerobic exercise such as swimming, to turn stress into energy and to reduce tension with calming exercise such as **yoga** and Tai Chi. Other tips are to choose exercise that is enjoyable, take a quick exercise break at work to reduce stress, and select a form of exercise that complements your personality.

- **Coping with Hepatitis C: Alternative or Complementary Approaches**

  Source: San Francisco, CA: National Hepatitis C Program, Department of Veterans Affairs Medical Center. 2002. 3 p.

Contact: Available from National Hepatitis C Program. Department of Veterans Affairs Medical Center, 4150 Clement Street, San Francisco, CA 94121. (415) 750-2105. PRICE: Free.

Summary: This patient education brochure from the Centers of Excellence in Hepatitis C Research and Education at the Veterans Administration provides information about complementary and alternative medicine (CAM) approaches for people who have hepatitis C. It lists three guidelines to follow if alternative treatments will be used, and gives important warnings about herbal remedies, supplements, vitamins, and other natural treatments. It also discusses several types of CAM treatments for hepatitis C, including aromatherapy, massage therapy, meditation and visualization, and **Yoga.**

The NIH Search Utility

The NIH search utility allows you to search for documents on over 100 selected Web sites that comprise the NIH-WEB-SPACE. Each of these servers is "crawled" and indexed on an ongoing basis. Your search will produce a list of various documents, all of which will relate in some way to yoga. The drawbacks of this approach are that the information is not organized by theme and that the references are often a mix of information for professionals and patients. Nevertheless, a large number of the listed Web sites provide useful background information. We can only recommend this route, therefore, for relatively rare or specific disorders, or when using highly targeted searches. To use the NIH search utility, visit the following Web page: **http://search.nih.gov/index.html**.

Additional Web Sources

A number of Web sites are available to the public that often link to government sites. These can also point you in the direction of essential information. The following is a representative sample:

- AOL: **http://search.aol.com/cat.adp?id=168&layer=&from=subcats**
- Family Village: **http://www.familyvillage.wisc.edu/specific.htm**
- Google: **http://directory.google.com/Top/Health/Conditions_and_Diseases/**
- Med Help International: **http://www.medhelp.org/HealthTopics/A.html**
- Open Directory Project: **http://dmoz.org/Health/Conditions_and_Diseases/**
- Yahoo.com: **http://dir.yahoo.com/Health/Diseases_and_Conditions/**
- WebMD®Health: **http://my.webmd.com/health_topics**

Finding Associations

There are several Internet directories that provide lists of medical associations with information on or resources relating to yoga. By consulting all of associations listed in this chapter, you will have nearly exhausted all sources for patient associations concerned with yoga.

The National Health Information Center (NHIC)

The National Health Information Center (NHIC) offers a free referral service to help people find organizations that provide information about yoga. For more information, see the NHIC's Web site at **http://www.health.gov/NHIC/** or contact an information specialist by calling 1-800-336-4797.

Directory of Health Organizations

The Directory of Health Organizations, provided by the National Library of Medicine Specialized Information Services, is a comprehensive source of information on associations. The Directory of Health Organizations database can be accessed via the Internet at **http://www.sis.nlm.nih.gov/Dir/DirMain.html**. It is composed of two parts: DIRLINE and Health Hotlines.

The DIRLINE database comprises some 10,000 records of organizations, research centers, and government institutes and associations that primarily focus on health and biomedicine. To access DIRLINE directly, go to the following Web site: **http://dirline.nlm.nih.gov/**. Simply type in "yoga" (or a synonym), and you will receive information on all relevant organizations listed in the database.

Health Hotlines directs you to toll-free numbers to over 300 organizations. You can access this database directly at **http://www.sis.nlm.nih.gov/hotlines/**. On this page, you are given the option to search by keyword or by browsing the subject list. When you have received your search results, click on the name of the organization for its description and contact information.

The Combined Health Information Database

Another comprehensive source of information on healthcare associations is the Combined Health Information Database. Using the "Detailed Search" option, you will need to limit your search to "Organizations" and "yoga". Type the following hyperlink into your Web browser: **http://chid.nih.gov/detail/detail.html**. To find associations, use the drop boxes at the bottom of the search page where "You may refine your search by." For publication date, select "All Years." Then, select your preferred language and the format option "Organization Resource Sheet." Type "yoga" (or synonyms) into the "For these words:" box. You should check back periodically with this database since it is updated every three months.

The National Organization for Rare Disorders, Inc.

The National Organization for Rare Disorders, Inc. has prepared a Web site that provides, at no charge, lists of associations organized by health topic. You can access this database at the following Web site: **http://www.rarediseases.org/search/orgsearch.html**. Type "yoga" (or a synonym) into the search box, and click "Submit Query."

APPENDIX C. FINDING MEDICAL LIBRARIES

Overview

In this Appendix, we show you how to quickly find a medical library in your area.

Preparation

Your local public library and medical libraries have interlibrary loan programs with the National Library of Medicine (NLM), one of the largest medical collections in the world. According to the NLM, most of the literature in the general and historical collections of the National Library of Medicine is available on interlibrary loan to any library. If you would like to access NLM medical literature, then visit a library in your area that can request the publications for you.[24]

Finding a Local Medical Library

The quickest method to locate medical libraries is to use the Internet-based directory published by the National Network of Libraries of Medicine (NN/LM). This network includes 4626 members and affiliates that provide many services to librarians, health professionals, and the public. To find a library in your area, simply visit **http://nnlm.gov/members/adv.html** or call 1-800-338-7657.

Medical Libraries in the U.S. and Canada

In addition to the NN/LM, the National Library of Medicine (NLM) lists a number of libraries with reference facilities that are open to the public. The following is the NLM's list and includes hyperlinks to each library's Web site. These Web pages can provide information on hours of operation and other restrictions. The list below is a small sample of

[24] Adapted from the NLM: **http://www.nlm.nih.gov/psd/cas/interlibrary.html**.

libraries recommended by the National Library of Medicine (sorted alphabetically by name of the U.S. state or Canadian province where the library is located)[25]:

- **Alabama:** Health InfoNet of Jefferson County (Jefferson County Library Cooperative, Lister Hill Library of the Health Sciences), **http://www.uab.edu/infonet/**
- **Alabama:** Richard M. Scrushy Library (American Sports Medicine Institute)
- **Arizona:** Samaritan Regional Medical Center: The Learning Center (Samaritan Health System, Phoenix, Arizona), **http://www.samaritan.edu/library/bannerlibs.htm**
- **California:** Kris Kelly Health Information Center (St. Joseph Health System, Humboldt), **http://www.humboldt1.com/~kkhic/index.html**
- **California:** Community Health Library of Los Gatos, **http://www.healthlib.org/orgresources.html**
- **California:** Consumer Health Program and Services (CHIPS) (County of Los Angeles Public Library, Los Angeles County Harbor-UCLA Medical Center Library) - Carson, CA, **http://www.colapublib.org/services/chips.html**
- **California:** Gateway Health Library (Sutter Gould Medical Foundation)
- **California:** Health Library (Stanford University Medical Center), **http://www-med.stanford.edu/healthlibrary/**
- **California:** Patient Education Resource Center - Health Information and Resources (University of California, San Francisco), **http://sfghdean.ucsf.edu/barnett/PERC/default.asp**
- **California:** Redwood Health Library (Petaluma Health Care District), **http://www.phcd.org/rdwdlib.html**
- **California:** Los Gatos PlaneTree Health Library, **http://planetreesanjose.org/**
- **California:** Sutter Resource Library (Sutter Hospitals Foundation, Sacramento), **http://suttermedicalcenter.org/library/**
- **California:** Health Sciences Libraries (University of California, Davis), **http://www.lib.ucdavis.edu/healthsci/**
- **California:** ValleyCare Health Library & Ryan Comer Cancer Resource Center (ValleyCare Health System, Pleasanton), **http://gaelnet.stmarys-ca.edu/other.libs/gbal/east/vchl.html**
- **California:** Washington Community Health Resource Library (Fremont), **http://www.healthlibrary.org/**
- **Colorado:** William V. Gervasini Memorial Library (Exempla Healthcare), **http://www.saintjosephdenver.org/yourhealth/libraries/**
- **Connecticut:** Hartford Hospital Health Science Libraries (Hartford Hospital), **http://www.harthosp.org/library/**
- **Connecticut:** Healthnet: Connecticut Consumer Health Information Center (University of Connecticut Health Center, Lyman Maynard Stowe Library), **http://library.uchc.edu/departm/hnet/**

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[25] Abstracted from **http://www.nlm.nih.gov/medlineplus/libraries.html**.

- **Connecticut:** Waterbury Hospital Health Center Library (Waterbury Hospital, Waterbury), **http://www.waterburyhospital.com/library/consumer.shtml**
- **Delaware:** Consumer Health Library (Christiana Care Health System, Eugene du Pont Preventive Medicine & Rehabilitation Institute, Wilmington), **http://www.christianacare.org/health_guide/health_guide_pmri_health_info.cfm**
- **Delaware:** Lewis B. Flinn Library (Delaware Academy of Medicine, Wilmington), **http://www.delamed.org/chls.html**
- **Georgia:** Family Resource Library (Medical College of Georgia, Augusta), **http://cmc.mcg.edu/kids_families/fam_resources/fam_res_lib/frl.htm**
- **Georgia:** Health Resource Center (Medical Center of Central Georgia, Macon), **http://www.mccg.org/hrc/hrchome.asp**
- **Hawaii:** Hawaii Medical Library: Consumer Health Information Service (Hawaii Medical Library, Honolulu), **http://hml.org/CHIS/**
- **Idaho:** DeArmond Consumer Health Library (Kootenai Medical Center, Coeur d'Alene), **http://www.nicon.org/DeArmond/index.htm**
- **Illinois:** Health Learning Center of Northwestern Memorial Hospital (Chicago), **http://www.nmh.org/health_info/hlc.html**
- **Illinois:** Medical Library (OSF Saint Francis Medical Center, Peoria), **http://www.osfsaintfrancis.org/general/library/**
- **Kentucky:** Medical Library - Services for Patients, Families, Students & the Public (Central Baptist Hospital, Lexington), **http://www.centralbap.com/education/community/library.cfm**
- **Kentucky:** University of Kentucky - Health Information Library (Chandler Medical Center, Lexington), **http://www.mc.uky.edu/PatientEd/**
- **Louisiana:** Alton Ochsner Medical Foundation Library (Alton Ochsner Medical Foundation, New Orleans), **http://www.ochsner.org/library/**
- **Louisiana:** Louisiana State University Health Sciences Center Medical Library-Shreveport, **http://lib-sh.lsuhsc.edu/**
- **Maine:** Franklin Memorial Hospital Medical Library (Franklin Memorial Hospital, Farmington), **http://www.fchn.org/fmh/lib.htm**
- **Maine:** Gerrish-True Health Sciences Library (Central Maine Medical Center, Lewiston), **http://www.cmmc.org/library/library.html**
- **Maine:** Hadley Parrot Health Science Library (Eastern Maine Healthcare, Bangor), **http://www.emh.org/hll/hpl/guide.htm**
- **Maine:** Maine Medical Center Library (Maine Medical Center, Portland), **http://www.mmc.org/library/**
- **Maine:** Parkview Hospital (Brunswick), **http://www.parkviewhospital.org/**
- **Maine:** Southern Maine Medical Center Health Sciences Library (Southern Maine Medical Center, Biddeford), **http://www.smmc.org/services/service.php3?choice=10**
- **Maine:** Stephens Memorial Hospital's Health Information Library (Western Maine Health, Norway), **http://www.wmhcc.org/Library/**

- **Manitoba, Canada:** Consumer & Patient Health Information Service (University of Manitoba Libraries), **http://www.umanitoba.ca/libraries/units/health/reference/chis.html**
- **Manitoba, Canada:** J.W. Crane Memorial Library (Deer Lodge Centre, Winnipeg), **http://www.deerlodge.mb.ca/crane_library/about.asp**
- **Maryland:** Health Information Center at the Wheaton Regional Library (Montgomery County, Dept. of Public Libraries, Wheaton Regional Library), **http://www.mont.lib.md.us/healthinfo/hic.asp**
- **Massachusetts:** Baystate Medical Center Library (Baystate Health System), **http://www.baystatehealth.com/1024/**
- **Massachusetts:** Boston University Medical Center Alumni Medical Library (Boston University Medical Center), **http://med-libwww.bu.edu/library/lib.html**
- **Massachusetts:** Lowell General Hospital Health Sciences Library (Lowell General Hospital, Lowell), **http://www.lowellgeneral.org/library/HomePageLinks/WWW.htm**
- **Massachusetts:** Paul E. Woodard Health Sciences Library (New England Baptist Hospital, Boston), **http://www.nebh.org/health_lib.asp**
- **Massachusetts:** St. Luke's Hospital Health Sciences Library (St. Luke's Hospital, Southcoast Health System, New Bedford), **http://www.southcoast.org/library/**
- **Massachusetts:** Treadwell Library Consumer Health Reference Center (Massachusetts General Hospital), **http://www.mgh.harvard.edu/library/chrcindex.html**
- **Massachusetts:** UMass HealthNet (University of Massachusetts Medical School, Worchester), **http://healthnet.umassmed.edu/**
- **Michigan:** Botsford General Hospital Library - Consumer Health (Botsford General Hospital, Library & Internet Services), **http://www.botsfordlibrary.org/consumer.htm**
- **Michigan:** Helen DeRoy Medical Library (Providence Hospital and Medical Centers), **http://www.providence-hospital.org/library/**
- **Michigan:** Marquette General Hospital - Consumer Health Library (Marquette General Hospital, Health Information Center), **http://www.mgh.org/center.html**
- **Michigan:** Patient Education Resouce Center - University of Michigan Cancer Center (University of Michigan Comprehensive Cancer Center, Ann Arbor), **http://www.cancer.med.umich.edu/learn/leares.htm**
- **Michigan:** Sladen Library & Center for Health Information Resources - Consumer Health Information (Detroit), **http://www.henryford.com/body.cfm?id=39330**
- **Montana:** Center for Health Information (St. Patrick Hospital and Health Sciences Center, Missoula)
- **National:** Consumer Health Library Directory (Medical Library Association, Consumer and Patient Health Information Section), **http://caphis.mlanet.org/directory/index.html**
- **National:** National Network of Libraries of Medicine (National Library of Medicine) - provides library services for health professionals in the United States who do not have access to a medical library, **http://nnlm.gov/**
- **National:** NN/LM List of Libraries Serving the Public (National Network of Libraries of Medicine), **http://nnlm.gov/members/**

- **Nevada:** Health Science Library, West Charleston Library (Las Vegas-Clark County Library District, Las Vegas), **http://www.lvccld.org/special_collections/medical/index.htm**
- **New Hampshire:** Dartmouth Biomedical Libraries (Dartmouth College Library, Hanover), **http://www.dartmouth.edu/~biomed/resources.htmld/conshealth.htmld/**
- **New Jersey:** Consumer Health Library (Rahway Hospital, Rahway), **http://www.rahwayhospital.com/library.htm**
- **New Jersey:** Dr. Walter Phillips Health Sciences Library (Englewood Hospital and Medical Center, Englewood), **http://www.englewoodhospital.com/links/index.htm**
- **New Jersey:** Meland Foundation (Englewood Hospital and Medical Center, Englewood), **http://www.geocities.com/ResearchTriangle/9360/**
- **New York:** Choices in Health Information (New York Public Library) - NLM Consumer Pilot Project participant, **http://www.nypl.org/branch/health/links.html**
- **New York:** Health Information Center (Upstate Medical University, State University of New York, Syracuse), **http://www.upstate.edu/library/hic/**
- **New York:** Health Sciences Library (Long Island Jewish Medical Center, New Hyde Park), **http://www.lij.edu/library/library.html**
- **New York:** ViaHealth Medical Library (Rochester General Hospital), **http://www.nyam.org/library/**
- **Ohio:** Consumer Health Library (Akron General Medical Center, Medical & Consumer Health Library), **http://www.akrongeneral.org/hwlibrary.htm**
- **Oklahoma:** The Health Information Center at Saint Francis Hospital (Saint Francis Health System, Tulsa), **http://www.sfh-tulsa.com/services/healthinfo.asp**
- **Oregon:** Planetree Health Resource Center (Mid-Columbia Medical Center, The Dalles), **http://www.mcmc.net/phrc/**
- **Pennsylvania:** Community Health Information Library (Milton S. Hershey Medical Center, Hershey), **http://www.hmc.psu.edu/commhealth/**
- **Pennsylvania:** Community Health Resource Library (Geisinger Medical Center, Danville), **http://www.geisinger.edu/education/commlib.shtml**
- **Pennsylvania:** HealthInfo Library (Moses Taylor Hospital, Scranton), **http://www.mth.org/healthwellness.html**
- **Pennsylvania:** Hopwood Library (University of Pittsburgh, Health Sciences Library System, Pittsburgh), **http://www.hsls.pitt.edu/guides/chi/hopwood/index_html**
- **Pennsylvania:** Koop Community Health Information Center (College of Physicians of Philadelphia), **http://www.collphyphil.org/kooppg1.shtml**
- **Pennsylvania:** Learning Resources Center - Medical Library (Susquehanna Health System, Williamsport), **http://www.shscares.org/services/lrc/index.asp**
- **Pennsylvania:** Medical Library (UPMC Health System, Pittsburgh), **http://www.upmc.edu/passavant/library.htm**
- **Quebec, Canada:** Medical Library (Montreal General Hospital), **http://www.mghlib.mcgill.ca/**

- **South Dakota:** Rapid City Regional Hospital Medical Library (Rapid City Regional Hospital), **http://www.rcrh.org/Services/Library/Default.asp**
- **Texas:** Houston HealthWays (Houston Academy of Medicine-Texas Medical Center Library), **http://hhw.library.tmc.edu/**
- **Washington:** Community Health Library (Kittitas Valley Community Hospital), **http://www.kvch.com/**
- **Washington:** Southwest Washington Medical Center Library (Southwest Washington Medical Center, Vancouver), **http://www.swmedicalcenter.com/body.cfm?id=72**

ONLINE GLOSSARIES

The Internet provides access to a number of free-to-use medical dictionaries. The National Library of Medicine has compiled the following list of online dictionaries:

- ADAM Medical Encyclopedia (A.D.A.M., Inc.), comprehensive medical reference: **http://www.nlm.nih.gov/medlineplus/encyclopedia.html**
- MedicineNet.com Medical Dictionary (MedicineNet, Inc.): **http://www.medterms.com/Script/Main/hp.asp**
- Merriam-Webster Medical Dictionary (Inteli-Health, Inc.): **http://www.intelihealth.com/IH/**
- Multilingual Glossary of Technical and Popular Medical Terms in Eight European Languages (European Commission) - Danish, Dutch, English, French, German, Italian, Portuguese, and Spanish: **http://allserv.rug.ac.be/~rvdstich/eugloss/welcome.html**
- On-line Medical Dictionary (CancerWEB): **http://cancerweb.ncl.ac.uk/omd/**
- Rare Diseases Terms (Office of Rare Diseases): **http://ord.aspensys.com/asp/diseases/diseases.asp**
- Technology Glossary (National Library of Medicine) - Health Care Technology: **http://www.nlm.nih.gov/nichsr/ta101/ta10108.htm**

Beyond these, MEDLINEplus contains a very patient-friendly encyclopedia covering every aspect of medicine (licensed from A.D.A.M., Inc.). The ADAM Medical Encyclopedia can be accessed at **http://www.nlm.nih.gov/medlineplus/encyclopedia.html**. ADAM is also available on commercial Web sites such as drkoop.com (**http://www.drkoop.com/**) and Web MD (**http://my.webmd.com/adam/asset/adam_disease_articles/a_to_z/a**).

Online Dictionary Directories

The following are additional online directories compiled by the National Library of Medicine, including a number of specialized medical dictionaries:

- Medical Dictionaries: Medical & Biological (World Health Organization): **http://www.who.int/hlt/virtuallibrary/English/diction.htm#Medical**
- MEL-Michigan Electronic Library List of Online Health and Medical Dictionaries (Michigan Electronic Library): **http://mel.lib.mi.us/health/health-dictionaries.html**
- Patient Education: Glossaries (DMOZ Open Directory Project): **http://dmoz.org/Health/Education/Patient_Education/Glossaries/**
- Web of Online Dictionaries (Bucknell University): **http://www.yourdictionary.com/diction5.html#medicine**

YOGA DICTIONARY

The definitions below are derived from official public sources, including the National Institutes of Health [NIH] and the European Union [EU].

Acrylonitrile: A highly poisonous compound used widely in the manufacture of plastics, adhesives and synthetic rubber. [NIH]

Adenosine: A nucleoside that is composed of adenine and d-ribose. Adenosine or adenosine derivatives play many important biological roles in addition to being components of DNA and RNA. Adenosine itself is a neurotransmitter. [NIH]

Adjunctive Therapy: Another treatment used together with the primary treatment. Its purpose is to assist the primary treatment. [NIH]

Adrenal Cortex: The outer layer of the adrenal gland. It secretes mineralocorticoids, androgens, and glucocorticoids. [NIH]

Adverse Effect: An unwanted side effect of treatment. [NIH]

Aerobic: In biochemistry, reactions that need oxygen to happen or happen when oxygen is present. [NIH]

Aerobic Exercise: A type of physical activity that includes walking, jogging, running, and dancing. Aerobic training improves the efficiency of the aerobic energy-producing systems that can improve cardiorespiratory endurance. [NIH]

Age of Onset: The age or period of life at which a disease or the initial symptoms or manifestations of a disease appear in an individual. [NIH]

Agoraphobia: Obsessive, persistent, intense fear of open places. [NIH]

Air Embolism: Occurs when the lungs over expand to the point that air bubbles are forced through the air sacs of the lungs into the circulatory system. [NIH]

Air Sacs: Thin-walled sacs or spaces which function as a part of the respiratory system in birds, fishes, insects, and mammals. [NIH]

Airway: A device for securing unobstructed passage of air into and out of the lungs during general anesthesia. [NIH]

Alertness: A state of readiness to detect and respond to certain specified small changes occurring at random intervals in the environment. [NIH]

Algorithms: A procedure consisting of a sequence of algebraic formulas and/or logical steps to calculate or determine a given task. [NIH]

Alkaloid: A member of a large group of chemicals that are made by plants and have nitrogen in them. Some alkaloids have been shown to work against cancer. [NIH]

Allergens: Antigen-type substances that produce immediate hypersensitivity (hypersensitivity, immediate). [NIH]

Aloe: A genus of the family Liliaceae containing anthraquinone glycosides such as aloin-emodin or aloe-emodin (emodin). [NIH]

Alternative medicine: Practices not generally recognized by the medical community as standard or conventional medical approaches and used instead of standard treatments. Alternative medicine includes the taking of dietary supplements, megadose vitamins, and herbal preparations; the drinking of special teas; and practices such as massage therapy, magnet therapy, spiritual healing, and meditation. [NIH]

Amino acid: Any organic compound containing an amino (-NH2 and a carboxyl (- COOH) group. The 20 a-amino acids listed in the accompanying table are the amino acids from which proteins are synthesized by formation of peptide bonds during ribosomal translation of messenger RNA; all except glycine, which is not optically active, have the L configuration. Other amino acids occurring in proteins, such as hydroxyproline in collagen, are formed by posttranslational enzymatic modification of amino acids residues in polypeptide chains. There are also several important amino acids, such as the neurotransmitter y-aminobutyric acid, that have no relation to proteins. Abbreviated AA. [EU]

Anaerobic: 1. Lacking molecular oxygen. 2. Growing, living, or occurring in the absence of molecular oxygen; pertaining to an anaerobe. [EU]

Anatomical: Pertaining to anatomy, or to the structure of the organism. [EU]

Anemia: A reduction in the number of circulating erythrocytes or in the quantity of hemoglobin. [NIH]

Anesthesia: A state characterized by loss of feeling or sensation. This depression of nerve function is usually the result of pharmacologic action and is induced to allow performance of surgery or other painful procedures. [NIH]

Animal model: An animal with a disease either the same as or like a disease in humans. Animal models are used to study the development and progression of diseases and to test new treatments before they are given to humans. Animals with transplanted human cancers or other tissues are called xenograft models. [NIH]

Anions: Negatively charged atoms, radicals or groups of atoms which travel to the anode or positive pole during electrolysis. [NIH]

Antagonism: Interference with, or inhibition of, the growth of a living organism by another living organism, due either to creation of unfavorable conditions (e. g. exhaustion of food supplies) or to production of a specific antibiotic substance (e. g. penicillin). [NIH]

Antibody: A type of protein made by certain white blood cells in response to a foreign substance (antigen). Each antibody can bind to only a specific antigen. The purpose of this binding is to help destroy the antigen. Antibodies can work in several ways, depending on the nature of the antigen. Some antibodies destroy antigens directly. Others make it easier for white blood cells to destroy the antigen. [NIH]

Anticonvulsants: Drugs used to prevent seizures or reduce their severity. [NIH]

Antidepressant: A drug used to treat depression. [NIH]

Antigen: Any substance which is capable, under appropriate conditions, of inducing a specific immune response and of reacting with the products of that response, that is, with specific antibody or specifically sensitized T-lymphocytes, or both. Antigens may be soluble substances, such as toxins and foreign proteins, or particulate, such as bacteria and tissue cells; however, only the portion of the protein or polysaccharide molecule known as the antigenic determinant (q.v.) combines with antibody or a specific receptor on a lymphocyte. Abbreviated Ag. [EU]

Antimicrobial: Killing microorganisms, or suppressing their multiplication or growth. [EU]

Antioxidants: Naturally occurring or synthetic substances that inhibit or retard the oxidation of a substance to which it is added. They counteract the harmful and damaging effects of oxidation in animal tissues. [NIH]

Antiviral: Destroying viruses or suppressing their replication. [EU]

Antiviral Agents: Agents used in the prophylaxis or therapy of virus diseases. Some of the ways they may act include preventing viral replication by inhibiting viral DNA polymerase; binding to specific cell-surface receptors and inhibiting viral penetration or uncoating;

inhibiting viral protein synthesis; or blocking late stages of virus assembly. [NIH]

Anuria: Inability to form or excrete urine. [NIH]

Anus: The opening of the rectum to the outside of the body. [NIH]

Anxiety: Persistent feeling of dread, apprehension, and impending disaster. [NIH]

Art Therapy: The use of art as an adjunctive therapy in the treatment of neurological, mental, or behavioral disorders. [NIH]

Arterial: Pertaining to an artery or to the arteries. [EU]

Arteries: The vessels carrying blood away from the heart. [NIH]

Arterioles: The smallest divisions of the arteries located between the muscular arteries and the capillaries. [NIH]

Artery: Vessel-carrying blood from the heart to various parts of the body. [NIH]

Articular: Of or pertaining to a joint. [EU]

Aseptic: Free from infection or septic material; sterile. [EU]

Asymptomatic: Having no signs or symptoms of disease. [NIH]

Atropine: A toxic alkaloid, originally from Atropa belladonna, but found in other plants, mainly Solanaceae. [NIH]

Auditory: Pertaining to the sense of hearing. [EU]

Autogenic: A type of succession when the developing vegetation itself is the cause for the succession. [NIH]

Autogenic Training: Technique based on muscle relaxation during self-hypnotic exercises. It is used in conjunction with psychotherapy. [NIH]

Autoimmune disease: A condition in which the body recognizes its own tissues as foreign and directs an immune response against them. [NIH]

Autonomic: Self-controlling; functionally independent. [EU]

Autonomic Nervous System: The enteric, parasympathetic, and sympathetic nervous systems taken together. Generally speaking, the autonomic nervous system regulates the internal environment during both peaceful activity and physical or emotional stress. Autonomic activity is controlled and integrated by the central nervous system, especially the hypothalamus and the solitary nucleus, which receive information relayed from visceral afferents; these and related central and sensory structures are sometimes (but not here) considered to be part of the autonomic nervous system itself. [NIH]

Back Pain: Acute or chronic pain located in the posterior regions of the trunk, including the thoracic, lumbar, sacral, or adjacent regions. [NIH]

Baroreflex: A negative feedback system which buffers short-term changes in blood pressure. Increased pressure stretches blood vessels which activates pressoreceptors (baroreceptors) in the vessel walls. The net response of the central nervous system is a reduction of central sympathetic outflow. This reduces blood pressure both by decreasing peripheral vascular resistance and by lowering cardiac output. Because the baroreceptors are tonically active, the baroreflex can compensate rapidly for both increases and decreases in blood pressure. [NIH]

Base: In chemistry, the nonacid part of a salt; a substance that combines with acids to form salts; a substance that dissociates to give hydroxide ions in aqueous solutions; a substance whose molecule or ion can combine with a proton (hydrogen ion); a substance capable of donating a pair of electrons (to an acid) for the formation of a coordinate covalent bond. [EU]

Belladonna: A species of very poisonous Solanaceous plants yielding atropine

(hyoscyamine), scopolamine, and other belladonna alkaloids, used to block the muscarinic autonomic nervous system. [NIH]

Biochemical: Relating to biochemistry; characterized by, produced by, or involving chemical reactions in living organisms. [EU]

Biological response modifier: BRM. A substance that stimulates the body's response to infection and disease. [NIH]

Biotechnology: Body of knowledge related to the use of organisms, cells or cell-derived constituents for the purpose of developing products which are technically, scientifically and clinically useful. Alteration of biologic function at the molecular level (i.e., genetic engineering) is a central focus; laboratory methods used include transfection and cloning technologies, sequence and structure analysis algorithms, computer databases, and gene and protein structure function analysis and prediction. [NIH]

Bladder: The organ that stores urine. [NIH]

Blood Coagulation: The process of the interaction of blood coagulation factors that results in an insoluble fibrin clot. [NIH]

Blood Coagulation Factors: Endogenous substances, usually proteins, that are involved in the blood coagulation process. [NIH]

Blood Glucose: Glucose in blood. [NIH]

Blood pressure: The pressure of blood against the walls of a blood vessel or heart chamber. Unless there is reference to another location, such as the pulmonary artery or one of the heart chambers, it refers to the pressure in the systemic arteries, as measured, for example, in the forearm. [NIH]

Blood vessel: A tube in the body through which blood circulates. Blood vessels include a network of arteries, arterioles, capillaries, venules, and veins. [NIH]

Bowel: The long tube-shaped organ in the abdomen that completes the process of digestion. There is both a small and a large bowel. Also called the intestine. [NIH]

Bowel Movement: Body wastes passed through the rectum and anus. [NIH]

Branch: Most commonly used for branches of nerves, but applied also to other structures. [NIH]

Breakdown: A physical, metal, or nervous collapse. [NIH]

Breathing Exercises: Therapeutic exercises aimed to deepen inspiration or expiration or even to alter the rate and rhythm of respiration. [NIH]

Bronchi: The larger air passages of the lungs arising from the terminal bifurcation of the trachea. [NIH]

Bronchial: Pertaining to one or more bronchi. [EU]

Bronchitis: Inflammation (swelling and reddening) of the bronchi. [NIH]

Buffers: A chemical system that functions to control the levels of specific ions in solution. When the level of hydrogen ion in solution is controlled the system is called a pH buffer. [NIH]

Caffeine: A methylxanthine naturally occurring in some beverages and also used as a pharmacological agent. Caffeine's most notable pharmacological effect is as a central nervous system stimulant, increasing alertness and producing agitation. It also relaxes smooth muscle, stimulates cardiac muscle, stimulates diuresis, and appears to be useful in the treatment of some types of headache. Several cellular actions of caffeine have been observed, but it is not entirely clear how each contributes to its pharmacological profile. Among the most important are inhibition of cyclic nucleotide phosphodiesterases,

antagonism of adenosine receptors, and modulation of intracellular calcium handling. [NIH]

Calcium: A basic element found in nearly all organized tissues. It is a member of the alkaline earth family of metals with the atomic symbol Ca, atomic number 20, and atomic weight 40. Calcium is the most abundant mineral in the body and combines with phosphorus to form calcium phosphate in the bones and teeth. It is essential for the normal functioning of nerves and muscles and plays a role in blood coagulation (as factor IV) and in many enzymatic processes. [NIH]

Calculi: An abnormal concretion occurring mostly in the urinary and biliary tracts, usually composed of mineral salts. Also called stones. [NIH]

Capsaicin: Cytotoxic alkaloid from various species of Capsicum (pepper, paprika), of the Solanaceae. [NIH]

Carbon Dioxide: A colorless, odorless gas that can be formed by the body and is necessary for the respiration cycle of plants and animals. [NIH]

Carcinogenic: Producing carcinoma. [EU]

Cardiac: Having to do with the heart. [NIH]

Cardiac Output: The volume of blood passing through the heart per unit of time. It is usually expressed as liters (volume) per minute so as not to be confused with stroke volume (volume per beat). [NIH]

Cardiopulmonary: Having to do with the heart and lungs. [NIH]

Cardiorespiratory: Relating to the heart and lungs and their function. [EU]

Cardiovascular: Having to do with the heart and blood vessels. [NIH]

Cardiovascular disease: Any abnormal condition characterized by dysfunction of the heart and blood vessels. CVD includes atherosclerosis (especially coronary heart disease, which can lead to heart attacks), cerebrovascular disease (e.g., stroke), and hypertension (high blood pressure). [NIH]

Carpal Tunnel Syndrome: A median nerve injury inside the carpal tunnel that results in symptoms of pain, numbness, tingling, clumsiness, and a lack of sweating, which can be caused by work with certain hand and wrist postures. [NIH]

Case report: A detailed report of the diagnosis, treatment, and follow-up of an individual patient. Case reports also contain some demographic information about the patient (for example, age, gender, ethnic origin). [NIH]

Catecholamines: A general class of ortho-dihydroxyphenylalkylamines derived from tyrosine. [NIH]

Cathexis: Attachment, conscious or unconscious, of emotional feeling and significance to an idea, object or most commonly a person. [NIH]

Cations: Postively charged atoms, radicals or groups of atoms which travel to the cathode or negative pole during electrolysis. [NIH]

Causal: Pertaining to a cause; directed against a cause. [EU]

Cause of Death: Factors which produce cessation of all vital bodily functions. They can be analyzed from an epidemiologic viewpoint. [NIH]

Cell: The individual unit that makes up all of the tissues of the body. All living things are made up of one or more cells. [NIH]

Cell Respiration: The metabolic process of all living cells (animal and plant) in which oxygen is used to provide a source of energy for the cell. [NIH]

Central Nervous System: The main information-processing organs of the nervous system,

consisting of the brain, spinal cord, and meninges. [NIH]

Cerebrovascular: Pertaining to the blood vessels of the cerebrum, or brain. [EU]

Cerebrum: The largest part of the brain. It is divided into two hemispheres, or halves, called the cerebral hemispheres. The cerebrum controls muscle functions of the body and also controls speech, emotions, reading, writing, and learning. [NIH]

Cheilitis: Inflammation of the lips. It is of various etiologies and degrees of pathology. [NIH]

Chemotherapy: Treatment with anticancer drugs. [NIH]

Chin: The anatomical frontal portion of the mandible, also known as the mentum, that contains the line of fusion of the two separate halves of the mandible (symphysis menti). This line of fusion divides inferiorly to enclose a triangular area called the mental protuberance. On each side, inferior to the second premolar tooth, is the mental foramen for the passage of blood vessels and a nerve. [NIH]

Chiropractic: A system of treating bodily disorders by manipulation of the spine and other parts, based on the belief that the cause is the abnormal functioning of a nerve. [NIH]

Cholesterol: The principal sterol of all higher animals, distributed in body tissues, especially the brain and spinal cord, and in animal fats and oils. [NIH]

Chronic: A disease or condition that persists or progresses over a long period of time. [NIH]

Chronic Obstructive Pulmonary Disease: Collective term for chronic bronchitis and emphysema. [NIH]

Circulatory system: The system that contains the heart and the blood vessels and moves blood throughout the body. This system helps tissues get enough oxygen and nutrients, and it helps them get rid of waste products. The lymph system, which connects with the blood system, is often considered part of the circulatory system. [NIH]

Clinical trial: A research study that tests how well new medical treatments or other interventions work in people. Each study is designed to test new methods of screening, prevention, diagnosis, or treatment of a disease. [NIH]

Cloning: The production of a number of genetically identical individuals; in genetic engineering, a process for the efficient replication of a great number of identical DNA molecules. [NIH]

Cochlear: Of or pertaining to the cochlea. [EU]

Cochlear Diseases: Diseases of the cochlea, the part of the inner ear that is concerned with hearing. [NIH]

Cofactor: A substance, microorganism or environmental factor that activates or enhances the action of another entity such as a disease-causing agent. [NIH]

Cognitive restructuring: A method of identifying and replacing fear-promoting, irrational beliefs with more realistic and functional ones. [NIH]

Collagen: A polypeptide substance comprising about one third of the total protein in mammalian organisms. It is the main constituent of skin, connective tissue, and the organic substance of bones and teeth. Different forms of collagen are produced in the body but all consist of three alpha-polypeptide chains arranged in a triple helix. Collagen is differentiated from other fibrous proteins, such as elastin, by the content of proline, hydroxyproline, and hydroxylysine; by the absence of tryptophan; and particularly by the high content of polar groups which are responsible for its swelling properties. [NIH]

Colon: The long, coiled, tubelike organ that removes water from digested food. The remaining material, solid waste called stool, moves through the colon to the rectum and leaves the body through the anus. [NIH]

Complement: A term originally used to refer to the heat-labile factor in serum that causes immune cytolysis, the lysis of antibody-coated cells, and now referring to the entire functionally related system comprising at least 20 distinct serum proteins that is the effector not only of immune cytolysis but also of other biologic functions. Complement activation occurs by two different sequences, the classic and alternative pathways. The proteins of the classic pathway are termed 'components of complement' and are designated by the symbols C1 through C9. C1 is a calcium-dependent complex of three distinct proteins C1q, C1r and C1s. The proteins of the alternative pathway (collectively referred to as the properdin system) and complement regulatory proteins are known by semisystematic or trivial names. Fragments resulting from proteolytic cleavage of complement proteins are designated with lower-case letter suffixes, e.g., C3a. Inactivated fragments may be designated with the suffix 'i', e.g. C3bi. Activated components or complexes with biological activity are designated by a bar over the symbol e.g. C1 or C4b,2a. The classic pathway is activated by the binding of C1 to classic pathway activators, primarily antigen-antibody complexes containing IgM, IgG1, IgG3; C1q binds to a single IgM molecule or two adjacent IgG molecules. The alternative pathway can be activated by IgA immune complexes and also by nonimmunologic materials including bacterial endotoxins, microbial polysaccharides, and cell walls. Activation of the classic pathway triggers an enzymatic cascade involving C1, C4, C2 and C3; activation of the alternative pathway triggers a cascade involving C3 and factors B, D and P. Both result in the cleavage of C5 and the formation of the membrane attack complex. Complement activation also results in the formation of many biologically active complement fragments that act as anaphylatoxins, opsonins, or chemotactic factors. [EU]

Complementary and alternative medicine: CAM. Forms of treatment that are used in addition to (complementary) or instead of (alternative) standard treatments. These practices are not considered standard medical approaches. CAM includes dietary supplements, megadose vitamins, herbal preparations, special teas, massage therapy, magnet therapy, spiritual healing, and meditation. [NIH]

Complementary medicine: Practices not generally recognized by the medical community as standard or conventional medical approaches and used to enhance or complement the standard treatments. Complementary medicine includes the taking of dietary supplements, megadose vitamins, and herbal preparations; the drinking of special teas; and practices such as massage therapy, magnet therapy, spiritual healing, and meditation. [NIH]

Compliance: Distensibility measure of a chamber such as the lungs (lung compliance) or bladder. Compliance is expressed as a change in volume per unit change in pressure. [NIH]

Computational Biology: A field of biology concerned with the development of techniques for the collection and manipulation of biological data, and the use of such data to make biological discoveries or predictions. This field encompasses all computational methods and theories applicable to molecular biology and areas of computer-based techniques for solving biological problems including manipulation of models and datasets. [NIH]

Conduction: The transfer of sound waves, heat, nervous impulses, or electricity. [EU]

Connective Tissue: Tissue that supports and binds other tissues. It consists of connective tissue cells embedded in a large amount of extracellular matrix. [NIH]

Connective Tissue: Tissue that supports and binds other tissues. It consists of connective tissue cells embedded in a large amount of extracellular matrix. [NIH]

Consciousness: Sense of awareness of self and of the environment. [NIH]

Constipation: Infrequent or difficult evacuation of feces. [NIH]

Constriction: The act of constricting. [NIH]

Consumption: Pulmonary tuberculosis. [NIH]

Contraindications: Any factor or sign that it is unwise to pursue a certain kind of action or treatment, e. g. giving a general anesthetic to a person with pneumonia. [NIH]

Contrast Sensitivity: The ability to detect sharp boundaries (stimuli) and to detect slight changes in luminance at regions without distinct contours. Psychophysical measurements of this visual function are used to evaluate visual acuity and to detect eye disease. [NIH]

Control group: In a clinical trial, the group that does not receive the new treatment being studied. This group is compared to the group that receives the new treatment, to see if the new treatment works. [NIH]

Controlled study: An experiment or clinical trial that includes a comparison (control) group. [NIH]

Conventional therapy: A currently accepted and widely used treatment for a certain type of disease, based on the results of past research. Also called conventional treatment. [NIH]

Conventional treatment: A currently accepted and widely used treatment for a certain type of disease, based on the results of past research. Also called conventional therapy. [NIH]

Convulsions: A general term referring to sudden and often violent motor activity of cerebral or brainstem origin. Convulsions may also occur in the absence of an electrical cerebral discharge (e.g., in response to hypotension). [NIH]

Coordination: Muscular or motor regulation or the harmonious cooperation of muscles or groups of muscles, in a complex action or series of actions. [NIH]

Coronary: Encircling in the manner of a crown; a term applied to vessels; nerves, ligaments, etc. The term usually denotes the arteries that supply the heart muscle and, by extension, a pathologic involvement of them. [EU]

Coronary Arteriosclerosis: Thickening and loss of elasticity of the coronary arteries. [NIH]

Coronary heart disease: A type of heart disease caused by narrowing of the coronary arteries that feed the heart, which needs a constant supply of oxygen and nutrients carried by the blood in the coronary arteries. When the coronary arteries become narrowed or clogged by fat and cholesterol deposits and cannot supply enough blood to the heart, CHD results. [NIH]

Coronary Thrombosis: Presence of a thrombus in a coronary artery, often causing a myocardial infarction. [NIH]

Cortex: The outer layer of an organ or other body structure, as distinguished from the internal substance. [EU]

Cortisol: A steroid hormone secreted by the adrenal cortex as part of the body's response to stress. [NIH]

Craniocerebral Trauma: Traumatic injuries involving the cranium and intracranial structures (i.e., brain; cranial nerves; meninges; and other structures). Injuries may be classified by whether or not the skull is penetrated (i.e., penetrating vs. nonpenetrating) or whether there is an associated hemorrhage. [NIH]

Curative: Tending to overcome disease and promote recovery. [EU]

Cyclic: Pertaining to or occurring in a cycle or cycles; the term is applied to chemical compounds that contain a ring of atoms in the nucleus. [EU]

Cystitis: Inflammation of the urinary bladder. [EU]

Cytokine: Small but highly potent protein that modulates the activity of many cell types, including T and B cells. [NIH]

Degenerative: Undergoing degeneration : tending to degenerate; having the character of or involving degeneration; causing or tending to cause degeneration. [EU]

Dexterity: Ability to move the hands easily and skillfully. [NIH]

Diabetes Mellitus: A heterogeneous group of disorders that share glucose intolerance in common. [NIH]

Diagnostic procedure: A method used to identify a disease. [NIH]

Diaphragm: The musculofibrous partition that separates the thoracic cavity from the abdominal cavity. Contraction of the diaphragm increases the volume of the thoracic cavity aiding inspiration. [NIH]

Diarrhea: Passage of excessively liquid or excessively frequent stools. [NIH]

Diastolic: Of or pertaining to the diastole. [EU]

Digestion: The process of breakdown of food for metabolism and use by the body. [NIH]

Digestive system: The organs that take in food and turn it into products that the body can use to stay healthy. Waste products the body cannot use leave the body through bowel movements. The digestive system includes the salivary glands, mouth, esophagus, stomach, liver, pancreas, gallbladder, small and large intestines, and rectum. [NIH]

Direct: 1. Straight; in a straight line. 2. Performed immediately and without the intervention of subsidiary means. [EU]

Diuresis: Increased excretion of urine. [EU]

Diurnal: Occurring during the day. [EU]

Dyspnea: Difficult or labored breathing. [NIH]

Efficacy: The extent to which a specific intervention, procedure, regimen, or service produces a beneficial result under ideal conditions. Ideally, the determination of efficacy is based on the results of a randomized control trial. [NIH]

Electroconvulsive Therapy: Electrically induced convulsions primarily used in the treatment of severe affective disorders and schizophrenia. [NIH]

Electrolytes: Substances that break up into ions (electrically charged particles) when they are dissolved in body fluids or water. Some examples are sodium, potassium, chloride, and calcium. Electrolytes are primarily responsible for the movement of nutrients into cells, and the movement of wastes out of cells. [NIH]

Emodin: Purgative anthraquinone found in several plants, especially Rhamnus frangula. It was formerly used as a laxative, but is now used mainly as tool in toxicity studies. [NIH]

Emphysema: A pathological accumulation of air in tissues or organs. [NIH]

Empirical: A treatment based on an assumed diagnosis, prior to receiving confirmatory laboratory test results. [NIH]

Endocrine Glands: Ductless glands that secrete substances which are released directly into the circulation and which influence metabolism and other body functions. [NIH]

Endocrine System: The system of glands that release their secretions (hormones) directly into the circulatory system. In addition to the endocrine glands, included are the chromaffin system and the neurosecretory systems. [NIH]

Endothelial cell: The main type of cell found in the inside lining of blood vessels, lymph vessels, and the heart. [NIH]

Energetic: Exhibiting energy : strenuous; operating with force, vigour, or effect. [EU]

Environmental Health: The science of controlling or modifying those conditions, influences, or forces surrounding man which relate to promoting, establishing, and maintaining health. [NIH]

Enzymatic: Phase where enzyme cuts the precursor protein. [NIH]

Enzyme: A protein that speeds up chemical reactions in the body. [NIH]

Erythrocytes: Red blood cells. Mature erythrocytes are non-nucleated, biconcave disks containing hemoglobin whose function is to transport oxygen. [NIH]

Esophagus: The muscular tube through which food passes from the throat to the stomach. [NIH]

Ethnic Groups: A group of people with a common cultural heritage that sets them apart from others in a variety of social relationships. [NIH]

Evacuation: An emptying, as of the bowels. [EU]

Evoked Potentials: The electric response evoked in the central nervous system by stimulation of sensory receptors or some point on the sensory pathway leading from the receptor to the cortex. The evoked stimulus can be auditory, somatosensory, or visual, although other modalities have been reported. Event-related potentials is sometimes used synonymously with evoked potentials but is often associated with the execution of a motor, cognitive, or psychophysiological task, as well as with the response to a stimulus. [NIH]

Excitability: Property of a cardiac cell whereby, when the cell is depolarized to a critical level (called threshold), the membrane becomes permeable and a regenerative inward current causes an action potential. [NIH]

Excrete: To get rid of waste from the body. [NIH]

Exercise Test: Controlled physical activity, more strenuous than at rest, which is performed in order to allow assessment of physiological functions, particularly cardiovascular and pulmonary, but also aerobic capacity. Maximal (most intense) exercise is usually required but submaximal exercise is also used. The intensity of exercise is often graded, using criteria such as rate of work done, oxygen consumption, and heart rate. Physiological data obtained from an exercise test may be used for diagnosis, prognosis, and evaluation of disease severity, and to evaluate therapy. Data may also be used in prescribing exercise by determining a person's exercise capacity. [NIH]

Exercise Tolerance: The exercise capacity of an individual as measured by endurance (maximal exercise duration and/or maximal attained work load) during an exercise test. [NIH]

Exogenous: Developed or originating outside the organism, as exogenous disease. [EU]

Expiration: The act of breathing out, or expelling air from the lungs. [EU]

Extensor: A muscle whose contraction tends to straighten a limb; the antagonist of a flexor. [NIH]

Family Planning: Programs or services designed to assist the family in controlling reproduction by either improving or diminishing fertility. [NIH]

Fat: Total lipids including phospholipids. [NIH]

Fatigue: The state of weariness following a period of exertion, mental or physical, characterized by a decreased capacity for work and reduced efficiency to respond to stimuli. [NIH]

Feces: The excrement discharged from the intestines, consisting of bacteria, cells exfoliated from the intestines, secretions, chiefly of the liver, and a small amount of food residue. [EU]

Fibrin: A protein derived from fibrinogen in the presence of thrombin, which forms part of the blood clot. [NIH]

Fibrosis: Any pathological condition where fibrous connective tissue invades any organ, usually as a consequence of inflammation or other injury. [NIH]

Flatus: Gas passed through the rectum. [NIH]

Flicker Fusion: The point or frequency at which all flicker of an intermittent light stimulus disappears. [NIH]

Forearm: The part between the elbow and the wrist. [NIH]

Free Association: Spontaneous verbalization of whatever comes to mind. [NIH]

Gallbladder: The pear-shaped organ that sits below the liver. Bile is concentrated and stored in the gallbladder. [NIH]

Ganglia: Clusters of multipolar neurons surrounded by a capsule of loosely organized connective tissue located outside the central nervous system. [NIH]

Gas: Air that comes from normal breakdown of food. The gases are passed out of the body through the rectum (flatus) or the mouth (burp). [NIH]

Gastric: Having to do with the stomach. [NIH]

Gastrointestinal: Refers to the stomach and intestines. [NIH]

Gene: The functional and physical unit of heredity passed from parent to offspring. Genes are pieces of DNA, and most genes contain the information for making a specific protein. [NIH]

Ginseng: An araliaceous genus of plants that contains a number of pharmacologically active agents used as stimulants, sedatives, and tonics, especially in traditional medicine. [NIH]

Gland: An organ that produces and releases one or more substances for use in the body. Some glands produce fluids that affect tissues or organs. Others produce hormones or participate in blood production. [NIH]

Glucose: D-Glucose. A primary source of energy for living organisms. It is naturally occurring and is found in fruits and other parts of plants in its free state. It is used therapeutically in fluid and nutrient replacement. [NIH]

Glucose Intolerance: A pathological state in which the fasting plasma glucose level is less than 140 mg per deciliter and the 30-, 60-, or 90-minute plasma glucose concentration following a glucose tolerance test exceeds 200 mg per deciliter. This condition is seen frequently in diabetes mellitus but also occurs with other diseases. [NIH]

Glycine: A non-essential amino acid. It is found primarily in gelatin and silk fibroin and used therapeutically as a nutrient. It is also a fast inhibitory neurotransmitter. [NIH]

Gout: Hereditary metabolic disorder characterized by recurrent acute arthritis, hyperuricemia and deposition of sodium urate in and around the joints, sometimes with formation of uric acid calculi. [NIH]

Governing Board: The group in which legal authority is vested for the control of health-related institutions and organizations. [NIH]

Growth: The progressive development of a living being or part of an organism from its earliest stage to maturity. [NIH]

Happiness: Highly pleasant emotion characterized by outward manifestations of gratification; joy. [NIH]

Harmony: Attribute of a product which gives rise to an overall pleasant sensation. This sensation is produced by the perception of the product components as olfactory, gustatory, tactile and kinaesthetic stimuli because they are present in suitable concentration ratios. [NIH]

Headache: Pain in the cranial region that may occur as an isolated and benign symptom or as a manifestation of a wide variety of conditions including subarachnoid hemorrhage; craniocerebral trauma; central nervous system infections; intracranial hypertension; and

other disorders. In general, recurrent headaches that are not associated with a primary disease process are referred to as headache disorders (e.g., migraine). [NIH]

Heart attack: A seizure of weak or abnormal functioning of the heart. [NIH]

Heartburn: Substernal pain or burning sensation, usually associated with regurgitation of gastric juice into the esophagus. [NIH]

Hemodialysis: The use of a machine to clean wastes from the blood after the kidneys have failed. The blood travels through tubes to a dialyzer, which removes wastes and extra fluid. The cleaned blood then flows through another set of tubes back into the body. [NIH]

Hemoglobin: One of the fractions of glycosylated hemoglobin A1c. Glycosylated hemoglobin is formed when linkages of glucose and related monosaccharides bind to hemoglobin A and its concentration represents the average blood glucose level over the previous several weeks. HbA1c levels are used as a measure of long-term control of plasma glucose (normal, 4 to 6 percent). In controlled diabetes mellitus, the concentration of glycosylated hemoglobin A is within the normal range, but in uncontrolled cases the level may be 3 to 4 times the normal conentration. Generally, complications are substantially lower among patients with Hb levels of 7 percent or less than in patients with HbA1c levels of 9 percent or more. [NIH]

Hemophilia: Refers to a group of hereditary disorders in which affected individuals fail to make enough of certain proteins needed to form blood clots. [NIH]

Hemorrhage: Bleeding or escape of blood from a vessel. [NIH]

Hepatitis: Inflammation of the liver and liver disease involving degenerative or necrotic alterations of hepatocytes. [NIH]

Hepatocytes: The main structural component of the liver. They are specialized epithelial cells that are organized into interconnected plates called lobules. [NIH]

Hereditary: Of, relating to, or denoting factors that can be transmitted genetically from one generation to another. [NIH]

Heredity: 1. The genetic transmission of a particular quality or trait from parent to offspring. 2. The genetic constitution of an individual. [EU]

Holistic Health: Health as viewed from the perspective that man and other organisms function as complete, integrated units rather than as aggregates of separate parts. [NIH]

Hormonal: Pertaining to or of the nature of a hormone. [EU]

Hormone: A substance in the body that regulates certain organs. Hormones such as gastrin help in breaking down food. Some hormones come from cells in the stomach and small intestine. [NIH]

Hydroxyproline: A hydroxylated form of the imino acid proline. A deficiency in ascorbic acid can result in impaired hydroxyproline formation. [NIH]

Hypercapnia: A clinical manifestation of abnormal increase in the amount of carbon dioxide in arterial blood. [NIH]

Hypersensitivity: Altered reactivity to an antigen, which can result in pathologic reactions upon subsequent exposure to that particular antigen. [NIH]

Hypersensitivity, Immediate: Hypersensitivity reactions which occur within minutes of exposure to challenging antigen due to the release of histamine which follows the antigen-antibody reaction and causes smooth muscle contraction and increased vascular permeability. [NIH]

Hypertension: Persistently high arterial blood pressure. Currently accepted threshold levels are 140 mm Hg systolic and 90 mm Hg diastolic pressure. [NIH]

Hyperuricemia: A buildup of uric acid (a byproduct of metabolism) in the blood; a side effect of some anticancer drugs. [NIH]

Hypnotherapy: Sleeping-cure. [NIH]

Hypnotic: A drug that acts to induce sleep. [EU]

Hypothalamus: Ventral part of the diencephalon extending from the region of the optic chiasm to the caudal border of the mammillary bodies and forming the inferior and lateral walls of the third ventricle. [NIH]

Hypoxia: Reduction of oxygen supply to tissue below physiological levels despite adequate perfusion of the tissue by blood. [EU]

Id: The part of the personality structure which harbors the unconscious instinctive desires and strivings of the individual. [NIH]

Illusion: A false interpretation of a genuine percept. [NIH]

Imipramine: The prototypical tricyclic antidepressant. It has been used in major depression, dysthymia, bipolar depression, attention-deficit disorders, agoraphobia, and panic disorders. It has less sedative effect than some other members of this therapeutic group. [NIH]

Immune response: The activity of the immune system against foreign substances (antigens). [NIH]

Immune system: The organs, cells, and molecules responsible for the recognition and disposal of foreign ("non-self") material which enters the body. [NIH]

Immunity: Nonsusceptibility to the invasive or pathogenic effects of foreign microorganisms or to the toxic effect of antigenic substances. [NIH]

Immunodeficiency: The decreased ability of the body to fight infection and disease. [NIH]

Immunodeficiency syndrome: The inability of the body to produce an immune response. [NIH]

Immunologic: The ability of the antibody-forming system to recall a previous experience with an antigen and to respond to a second exposure with the prompt production of large amounts of antibody. [NIH]

Impairment: In the context of health experience, an impairment is any loss or abnormality of psychological, physiological, or anatomical structure or function. [NIH]

Indicative: That indicates; that points out more or less exactly; that reveals fairly clearly. [EU]

Infarction: A pathological process consisting of a sudden insufficient blood supply to an area, which results in necrosis of that area. It is usually caused by a thrombus, an embolus, or a vascular torsion. [NIH]

Infection: 1. Invasion and multiplication of microorganisms in body tissues, which may be clinically unapparent or result in local cellular injury due to competitive metabolism, toxins, intracellular replication, or antigen-antibody response. The infection may remain localized, subclinical, and temporary if the body's defensive mechanisms are effective. A local infection may persist and spread by extension to become an acute, subacute, or chronic clinical infection or disease state. A local infection may also become systemic when the microorganisms gain access to the lymphatic or vascular system. 2. An infectious disease. [EU]

Inflammation: A pathological process characterized by injury or destruction of tissues caused by a variety of cytologic and chemical reactions. It is usually manifested by typical signs of pain, heat, redness, swelling, and loss of function. [NIH]

Initiation: Mutation induced by a chemical reactive substance causing cell changes; being a

step in a carcinogenic process. [NIH]

Insomnia: Difficulty in going to sleep or getting enough sleep. [NIH]

Insulator: Material covering the metal conductor of the lead. It is usually polyurethane or silicone. [NIH]

Insulin: A protein hormone secreted by beta cells of the pancreas. Insulin plays a major role in the regulation of glucose metabolism, generally promoting the cellular utilization of glucose. It is also an important regulator of protein and lipid metabolism. Insulin is used as a drug to control insulin-dependent diabetes mellitus. [NIH]

Insulin-dependent diabetes mellitus: A disease characterized by high levels of blood glucose resulting from defects in insulin secretion, insulin action, or both. Autoimmune, genetic, and environmental factors are involved in the development of type I diabetes. [NIH]

Interferon: A biological response modifier (a substance that can improve the body's natural response to disease). Interferons interfere with the division of cancer cells and can slow tumor growth. There are several types of interferons, including interferon-alpha, -beta, and -gamma. These substances are normally produced by the body. They are also made in the laboratory for use in treating cancer and other diseases. [NIH]

Interferon-alpha: One of the type I interferons produced by peripheral blood leukocytes or lymphoblastoid cells when exposed to live or inactivated virus, double-stranded RNA, or bacterial products. It is the major interferon produced by virus-induced leukocyte cultures and, in addition to its pronounced antiviral activity, it causes activation of NK cells. [NIH]

Intermittent: Occurring at separated intervals; having periods of cessation of activity. [EU]

Interstitial: Pertaining to or situated between parts or in the interspaces of a tissue. [EU]

Intervention Studies: Epidemiologic investigations designed to test a hypothesized cause-effect relation by modifying the supposed causal factor(s) in the study population. [NIH]

Intervertebral: Situated between two contiguous vertebrae. [EU]

Intervertebral Disk Displacement: An intervertebral disk in which the nucleus pulposus has protruded through surrounding fibrocartilage. This occurs most frequently in the lower lumbar region. [NIH]

Intestinal: Having to do with the intestines. [NIH]

Intestine: A long, tube-shaped organ in the abdomen that completes the process of digestion. There is both a large intestine and a small intestine. Also called the bowel. [NIH]

Intracellular: Inside a cell. [NIH]

Intracranial Hypertension: Increased pressure within the cranial vault. This may result from several conditions, including hydrocephalus; brain edema; intracranial masses; severe systemic hypertension; pseudotumor cerebri; and other disorders. [NIH]

Intravenous: IV. Into a vein. [NIH]

Invasive: 1. Having the quality of invasiveness. 2. Involving puncture or incision of the skin or insertion of an instrument or foreign material into the body; said of diagnostic techniques. [EU]

Involuntary: Reaction occurring without intention or volition. [NIH]

Ions: An atom or group of atoms that have a positive or negative electric charge due to a gain (negative charge) or loss (positive charge) of one or more electrons. Atoms with a positive charge are known as cations; those with a negative charge are anions. [NIH]

Ischemia: Deficiency of blood in a part, due to functional constriction or actual obstruction of a blood vessel. [EU]

Joint: The point of contact between elements of an animal skeleton with the parts that surround and support it. [NIH]

Kb: A measure of the length of DNA fragments, 1 Kb = 1000 base pairs. The largest DNA fragments are up to 50 kilobases long. [NIH]

Kidney Failure: The inability of a kidney to excrete metabolites at normal plasma levels under conditions of normal loading, or the inability to retain electrolytes under conditions of normal intake. In the acute form (kidney failure, acute), it is marked by uremia and usually by oliguria or anuria, with hyperkalemia and pulmonary edema. The chronic form (kidney failure, chronic) is irreversible and requires hemodialysis. [NIH]

Kidney Failure, Acute: A clinical syndrome characterized by a sudden decrease in glomerular filtration rate, often to values of less than 1 to 2 ml per minute. It is usually associated with oliguria (urine volumes of less than 400 ml per day) and is always associated with biochemical consequences of the reduction in glomerular filtration rate such as a rise in blood urea nitrogen (BUN) and serum creatinine concentrations. [NIH]

Kidney Failure, Chronic: An irreversible and usually progressive reduction in renal function in which both kidneys have been damaged by a variety of diseases to the extent that they are unable to adequately remove the metabolic products from the blood and regulate the body's electrolyte composition and acid-base balance. Chronic kidney failure requires hemodialysis or surgery, usually kidney transplantation. [NIH]

Large Intestine: The part of the intestine that goes from the cecum to the rectum. The large intestine absorbs water from stool and changes it from a liquid to a solid form. The large intestine is 5 feet long and includes the appendix, cecum, colon, and rectum. Also called colon. [NIH]

Latency: The period of apparent inactivity between the time when a stimulus is presented and the moment a response occurs. [NIH]

Leprosy: A chronic granulomatous infection caused by Mycobacterium leprae. The granulomatous lesions are manifested in the skin, the mucous membranes, and the peripheral nerves. Two polar or principal types are lepromatous and tuberculoid. [NIH]

Library Services: Services offered to the library user. They include reference and circulation. [NIH]

Ligament: A band of fibrous tissue that connects bones or cartilages, serving to support and strengthen joints. [EU]

Lipid: Fat. [NIH]

Liver: A large, glandular organ located in the upper abdomen. The liver cleanses the blood and aids in digestion by secreting bile. [NIH]

Localized: Cancer which has not metastasized yet. [NIH]

Low Back Pain: Acute or chronic pain in the lumbar or sacral regions, which may be associated with musculo-ligamentous sprains and strains; intervertebral disk displacement; and other conditions. [NIH]

Lumbar: Pertaining to the loins, the part of the back between the thorax and the pelvis. [EU]

Lymph: The almost colorless fluid that travels through the lymphatic system and carries cells that help fight infection and disease. [NIH]

Lymphatic: The tissues and organs, including the bone marrow, spleen, thymus, and lymph nodes, that produce and store cells that fight infection and disease. [NIH]

Median Nerve: A major nerve of the upper extremity. In humans, the fibers of the median nerve originate in the lower cervical and upper thoracic spinal cord (usually C6 to T1), travel

via the brachial plexus, and supply sensory and motor innervation to parts of the forearm and hand. [NIH]

Medicine, Herbal: Use of plants or herbs to treat diseases or to alleviate pain. [NIH]

MEDLINE: An online database of MEDLARS, the computerized bibliographic Medical Literature Analysis and Retrieval System of the National Library of Medicine. [NIH]

Membrane: A very thin layer of tissue that covers a surface. [NIH]

Memory: Complex mental function having four distinct phases: (1) memorizing or learning, (2) retention, (3) recall, and (4) recognition. Clinically, it is usually subdivided into immediate, recent, and remote memory. [NIH]

Menopause: Permanent cessation of menstruation. [NIH]

Menstruation: The normal physiologic discharge through the vagina of blood and mucosal tissues from the nonpregnant uterus. [NIH]

Mental: Pertaining to the mind; psychic. 2. (L. mentum chin) pertaining to the chin. [EU]

Mental Disorders: Psychiatric illness or diseases manifested by breakdowns in the adaptational process expressed primarily as abnormalities of thought, feeling, and behavior producing either distress or impairment of function. [NIH]

Mental Health: The state wherein the person is well adjusted. [NIH]

Mental Processes: Conceptual functions or thinking in all its forms. [NIH]

Metabolic disorder: A condition in which normal metabolic processes are disrupted, usually because of a missing enzyme. [NIH]

MI: Myocardial infarction. Gross necrosis of the myocardium as a result of interruption of the blood supply to the area; it is almost always caused by atherosclerosis of the coronary arteries, upon which coronary thrombosis is usually superimposed. [NIH]

Midwifery: The practice of assisting women in childbirth. [NIH]

Modification: A change in an organism, or in a process in an organism, that is acquired from its own activity or environment. [NIH]

Molecular: Of, pertaining to, or composed of molecules : a very small mass of matter. [EU]

Motion Sickness: Sickness caused by motion, as sea sickness, train sickness, car sickness, and air sickness. [NIH]

Multiple sclerosis: A disorder of the central nervous system marked by weakness, numbness, a loss of muscle coordination, and problems with vision, speech, and bladder control. Multiple sclerosis is thought to be an autoimmune disease in which the body's immune system destroys myelin. Myelin is a substance that contains both protein and fat (lipid) and serves as a nerve insulator and helps in the transmission of nerve signals. [NIH]

Muscle Relaxation: That phase of a muscle twitch during which a muscle returns to a resting position. [NIH]

Music Therapy: The use of music as an adjunctive therapy in the treatment of neurological, mental, or behavioral disorders. [NIH]

Myelin: The fatty substance that covers and protects nerves. [NIH]

Myocardial infarction: Gross necrosis of the myocardium as a result of interruption of the blood supply to the area; it is almost always caused by atherosclerosis of the coronary arteries, upon which coronary thrombosis is usually superimposed. [NIH]

Myocardial Ischemia: A disorder of cardiac function caused by insufficient blood flow to the muscle tissue of the heart. The decreased blood flow may be due to narrowing of the coronary arteries (coronary arteriosclerosis), to obstruction by a thrombus (coronary

thrombosis), or less commonly, to diffuse narrowing of arterioles and other small vessels within the heart. Severe interruption of the blood supply to the myocardial tissue may result in necrosis of cardiac muscle (myocardial infarction). [NIH]

Myocardium: The muscle tissue of the heart composed of striated, involuntary muscle known as cardiac muscle. [NIH]

Mysticism: A philosophy based upon spiritual intuition that is believed to transcend ordinary sensory experiences or understanding. [NIH]

Nausea: An unpleasant sensation in the stomach usually accompanied by the urge to vomit. Common causes are early pregnancy, sea and motion sickness, emotional stress, intense pain, food poisoning, and various enteroviruses. [NIH]

NCI: National Cancer Institute. NCI, part of the National Institutes of Health of the United States Department of Health and Human Services, is the federal government's principal agency for cancer research. NCI conducts, coordinates, and funds cancer research, training, health information dissemination, and other programs with respect to the cause, diagnosis, prevention, and treatment of cancer. Access the NCI Web site at http://cancer.gov. [NIH]

Need: A state of tension or dissatisfaction felt by an individual that impels him to action toward a goal he believes will satisfy the impulse. [NIH]

Nerve: A cordlike structure of nervous tissue that connects parts of the nervous system with other tissues of the body and conveys nervous impulses to, or away from, these tissues. [NIH]

Nervous System: The entire nerve apparatus composed of the brain, spinal cord, nerves and ganglia. [NIH]

Neuroendocrine: Having to do with the interactions between the nervous system and the endocrine system. Describes certain cells that release hormones into the blood in response to stimulation of the nervous system. [NIH]

Neurologic: Having to do with nerves or the nervous system. [NIH]

Neuromuscular: Pertaining to muscles and nerves. [EU]

Neuronal: Pertaining to a neuron or neurons (= conducting cells of the nervous system). [EU]

Neurons: The basic cellular units of nervous tissue. Each neuron consists of a body, an axon, and dendrites. Their purpose is to receive, conduct, and transmit impulses in the nervous system. [NIH]

Neuropeptides: Peptides released by neurons as intercellular messengers. Many neuropeptides are also hormones released by non-neuronal cells. [NIH]

Neurophysiology: The scientific discipline concerned with the physiology of the nervous system. [NIH]

Neurotransmitter: Any of a group of substances that are released on excitation from the axon terminal of a presynaptic neuron of the central or peripheral nervous system and travel across the synaptic cleft to either excite or inhibit the target cell. Among the many substances that have the properties of a neurotransmitter are acetylcholine, norepinephrine, epinephrine, dopamine, glycine, y-aminobutyrate, glutamic acid, substance P, enkephalins, endorphins, and serotonin. [EU]

Nonverbal Communication: Transmission of emotions, ideas, and attitudes between individuals in ways other than the spoken language. [NIH]

Oliguria: Clinical manifestation of the urinary system consisting of a decrease in the amount of urine secreted. [NIH]

Opportunistic Infections: An infection caused by an organism which becomes pathogenic under certain conditions, e.g., during immunosuppression. [NIH]

Osteoarthritis: A progressive, degenerative joint disease, the most common form of arthritis, especially in older persons. The disease is thought to result not from the aging process but from biochemical changes and biomechanical stresses affecting articular cartilage. In the foreign literature it is often called osteoarthrosis deformans. [NIH]

Osteopathic Medicine: A system of therapy and medicine based on the theory that the normal body is a vital mechanical organism whose structural and functional states are of equal importance and is capable of making its own remedies against infections and toxic conditions when there are favorable environmental circumstances and adequate nutrition. [NIH]

Oxidation: The act of oxidizing or state of being oxidized. Chemically it consists in the increase of positive charges on an atom or the loss of negative charges. Most biological oxidations are accomplished by the removal of a pair of hydrogen atoms (dehydrogenation) from a molecule. Such oxidations must be accompanied by reduction of an acceptor molecule. Univalent o. indicates loss of one electron; divalent o., the loss of two electrons. [EU]

Oxygen Consumption: The oxygen consumption is determined by calculating the difference between the amount of oxygen inhaled and exhaled. [NIH]

Palliative: 1. Affording relief, but not cure. 2. An alleviating medicine. [EU]

Pancreas: A mixed exocrine and endocrine gland situated transversely across the posterior abdominal wall in the epigastric and hypochondriac regions. The endocrine portion is comprised of the Islets of Langerhans, while the exocrine portion is a compound acinar gland that secretes digestive enzymes. [NIH]

Panic: A state of extreme acute, intense anxiety and unreasoning fear accompanied by disorganization of personality function. [NIH]

Panic Disorder: A type of anxiety disorder characterized by unexpected panic attacks that last minutes or, rarely, hours. Panic attacks begin with intense apprehension, fear or terror and, often, a feeling of impending doom. Symptoms experienced during a panic attack include dyspnea or sensations of being smothered; dizziness, loss of balance or faintness; choking sensations; palpitations or accelerated heart rate; shakiness; sweating; nausea or other form of abdominal distress; depersonalization or derealization; paresthesias; hot flashes or chills; chest discomfort or pain; fear of dying and fear of not being in control of oneself or going crazy. Agoraphobia may also develop. Similar to other anxiety disorders, it may be inherited as an autosomal dominant trait. [NIH]

Parietal: 1. Of or pertaining to the walls of a cavity. 2. Pertaining to or located near the parietal bone, as the parietal lobe. [EU]

Pathologic: 1. Indicative of or caused by a morbid condition. 2. Pertaining to pathology (= branch of medicine that treats the essential nature of the disease, especially the structural and functional changes in tissues and organs of the body caused by the disease). [EU]

Patient Education: The teaching or training of patients concerning their own health needs. [NIH]

Pelvic: Pertaining to the pelvis. [EU]

Peptide: Any compound consisting of two or more amino acids, the building blocks of proteins. Peptides are combined to make proteins. [NIH]

Perception: The ability quickly and accurately to recognize similarities and differences among presented objects, whether these be pairs of words, pairs of number series, or multiple sets of these or other symbols such as geometric figures. [NIH]

Perfusion: Bathing an organ or tissue with a fluid. In regional perfusion, a specific area of the body (usually an arm or a leg) receives high doses of anticancer drugs through a blood

vessel. Such a procedure is performed to treat cancer that has not spread. [NIH]

Periodontal disease: Disease involving the supporting structures of the teeth (as the gums and periodontal membranes). [NIH]

Periodontal disease: Disease involving the supporting structures of the teeth (as the gums and periodontal membranes). [NIH]

Pharmacologic: Pertaining to pharmacology or to the properties and reactions of drugs. [EU]

Physical Examination: Systematic and thorough inspection of the patient for physical signs of disease or abnormality. [NIH]

Physical Fitness: A state of well-being in which performance is optimal, often as a result of physical conditioning which may be prescribed for disease therapy. [NIH]

Physical Therapy: The restoration of function and the prevention of disability following disease or injury with the use of light, heat, cold, water, electricity, ultrasound, and exercise. [NIH]

Physiologic: Having to do with the functions of the body. When used in the phrase "physiologic age," it refers to an age assigned by general health, as opposed to calendar age. [NIH]

Physiology: The science that deals with the life processes and functions of organismus, their cells, tissues, and organs. [NIH]

Pilot study: The initial study examining a new method or treatment. [NIH]

Pineal Body: A small conical midline body attached to the posterior part of the third ventricle and lying between the superior colliculi, below the splenium of the corpus callosum. [NIH]

Pineal gland: A tiny organ located in the cerebrum that produces melatonin. Also called pineal body or pineal organ. [NIH]

Plants: Multicellular, eukaryotic life forms of the kingdom Plantae. They are characterized by a mainly photosynthetic mode of nutrition; essentially unlimited growth at localized regions of cell divisions (meristems); cellulose within cells providing rigidity; the absence of organs of locomotion; absense of nervous and sensory systems; and an alteration of haploid and diploid generations. [NIH]

Plasma: The clear, yellowish, fluid part of the blood that carries the blood cells. The proteins that form blood clots are in plasma. [NIH]

Pleura: The thin serous membrane enveloping the lungs and lining the thoracic cavity. [NIH]

Pleural: A circumscribed area of hyaline whorled fibrous tissue which appears on the surface of the parietal pleura, on the fibrous part of the diaphragm or on the pleura in the interlobar fissures. [NIH]

Pleural cavity: A space enclosed by the pleura (thin tissue covering the lungs and lining the interior wall of the chest cavity). It is bound by thin membranes. [NIH]

Pleural Effusion: Presence of fluid in the pleural cavity resulting from excessive transudation or exudation from the pleural surfaces. It is a sign of disease and not a diagnosis in itself. [NIH]

Pneumonia: Inflammation of the lungs. [NIH]

Poisoning: A condition or physical state produced by the ingestion, injection or inhalation of, or exposure to a deleterious agent. [NIH]

Polymerase: An enzyme which catalyses the synthesis of DNA using a single DNA strand as a template. The polymerase copies the template in the 5'-3'direction provided that sufficient quantities of free nucleotides, dATP and dTTP are present. [NIH]

Posterior: Situated in back of, or in the back part of, or affecting the back or dorsal surface of the body. In lower animals, it refers to the caudal end of the body. [EU]

Practice Guidelines: Directions or principles presenting current or future rules of policy for the health care practitioner to assist him in patient care decisions regarding diagnosis, therapy, or related clinical circumstances. The guidelines may be developed by government agencies at any level, institutions, professional societies, governing boards, or by the convening of expert panels. The guidelines form a basis for the evaluation of all aspects of health care and delivery. [NIH]

Precursor: Something that precedes. In biological processes, a substance from which another, usually more active or mature substance is formed. In clinical medicine, a sign or symptom that heralds another. [EU]

Pressoreceptors: Receptors in the vascular system, particularly the aorta and carotid sinus, which are sensitive to stretch of the vessel walls. [NIH]

Prevalence: The total number of cases of a given disease in a specified population at a designated time. It is differentiated from incidence, which refers to the number of new cases in the population at a given time. [NIH]

Preventive Medicine: A medical specialty primarily concerned with prevention of disease and the promotion and preservation of health in the individual. [NIH]

Problem Solving: A learning situation involving more than one alternative from which a selection is made in order to attain a specific goal. [NIH]

Progression: Increase in the size of a tumor or spread of cancer in the body. [NIH]

Progressive: Advancing; going forward; going from bad to worse; increasing in scope or severity. [EU]

Prophylaxis: An attempt to prevent disease. [NIH]

Prospective study: An epidemiologic study in which a group of individuals (a cohort), all free of a particular disease and varying in their exposure to a possible risk factor, is followed over a specific amount of time to determine the incidence rates of the disease in the exposed and unexposed groups. [NIH]

Prostate: A gland in males that surrounds the neck of the bladder and the urethra. It secretes a substance that liquifies coagulated semen. It is situated in the pelvic cavity behind the lower part of the pubic symphysis, above the deep layer of the triangular ligament, and rests upon the rectum. [NIH]

Protein S: The vitamin K-dependent cofactor of activated protein C. Together with protein C, it inhibits the action of factors VIIIa and Va. A deficiency in protein S can lead to recurrent venous and arterial thrombosis. [NIH]

Proteins: Polymers of amino acids linked by peptide bonds. The specific sequence of amino acids determines the shape and function of the protein. [NIH]

Protocol: The detailed plan for a clinical trial that states the trial's rationale, purpose, drug or vaccine dosages, length of study, routes of administration, who may participate, and other aspects of trial design. [NIH]

Psoriasis: A common genetically determined, chronic, inflammatory skin disease characterized by rounded erythematous, dry, scaling patches. The lesions have a predilection for nails, scalp, genitalia, extensor surfaces, and the lumbosacral region. Accelerated epidermopoiesis is considered to be the fundamental pathologic feature in psoriasis. [NIH]

Psychiatric: Pertaining to or within the purview of psychiatry. [EU]

Psychiatric Nursing: A specialty concerned with the application of psychiatric principles in caring for the mentally ill. It also includes the nursing care provided the mentally ill patient. [NIH]

Psychiatry: The medical science that deals with the origin, diagnosis, prevention, and treatment of mental disorders. [NIH]

Psychic: Pertaining to the psyche or to the mind; mental. [EU]

Psychoanalysis: The separation or resolution of the psyche into its constituent elements. The term has two separate meanings: 1. a procedure devised by Sigmund Freud, for investigating mental processes by means of free association, dream interpretation and interpretation of resistance and transference manifestations; and 2. a theory of psychology developed by Freud from his clinical experience with hysterical patients. (From Campbell, Psychiatric Dictionary, 1996). [NIH]

Psychology: The science dealing with the study of mental processes and behavior in man and animals. [NIH]

Psychoneuroimmunology: The field concerned with the interrelationship between the brain, behavior and the immune system. Neuropsychologic, neuroanatomic and psychosocial studies have demonstrated their role in accentuating or diminishing immune/allergic responses. [NIH]

Psychophysiology: The study of the physiological basis of human and animal behavior. [NIH]

Psychosomatic Medicine: A system of medicine which aims at discovering the exact nature of the relationship between the emotions and bodily function, affirming the principle that the mind and body are one. [NIH]

Psychotherapy: A generic term for the treatment of mental illness or emotional disturbances primarily by verbal or nonverbal communication. [NIH]

Public Health: Branch of medicine concerned with the prevention and control of disease and disability, and the promotion of physical and mental health of the population on the international, national, state, or municipal level. [NIH]

Public Policy: A course or method of action selected, usually by a government, from among alternatives to guide and determine present and future decisions. [NIH]

Pulmonary: Relating to the lungs. [NIH]

Pulmonary Artery: The short wide vessel arising from the conus arteriosus of the right ventricle and conveying unaerated blood to the lungs. [NIH]

Pulmonary Edema: An accumulation of an excessive amount of watery fluid in the lungs, may be caused by acute exposure to dangerous concentrations of irritant gasses. [NIH]

Pulse: The rhythmical expansion and contraction of an artery produced by waves of pressure caused by the ejection of blood from the left ventricle of the heart as it contracts. [NIH]

Quality of Life: A generic concept reflecting concern with the modification and enhancement of life attributes, e.g., physical, political, moral and social environment. [NIH]

Radiation: Emission or propagation of electromagnetic energy (waves/rays), or the waves/rays themselves; a stream of electromagnetic particles (electrons, neutrons, protons, alpha particles) or a mixture of these. The most common source is the sun. [NIH]

Randomized: Describes an experiment or clinical trial in which animal or human subjects are assigned by chance to separate groups that compare different treatments. [NIH]

Randomized clinical trial: A study in which the participants are assigned by chance to

separate groups that compare different treatments; neither the researchers nor the participants can choose which group. Using chance to assign people to groups means that the groups will be similar and that the treatments they receive can be compared objectively. At the time of the trial, it is not known which treatment is best. It is the patient's choice to be in a randomized trial. [NIH]

Reaction Time: The time from the onset of a stimulus until the organism responds. [NIH]

Receptor: A molecule inside or on the surface of a cell that binds to a specific substance and causes a specific physiologic effect in the cell. [NIH]

Rectum: The last 8 to 10 inches of the large intestine. [NIH]

Refer: To send or direct for treatment, aid, information, de decision. [NIH]

Reflex: An involuntary movement or exercise of function in a part, excited in response to a stimulus applied to the periphery and transmitted to the brain or spinal cord. [NIH]

Reflux: The term used when liquid backs up into the esophagus from the stomach. [NIH]

Regimen: A treatment plan that specifies the dosage, the schedule, and the duration of treatment. [NIH]

Regurgitation: A backward flowing, as the casting up of undigested food, or the backward flowing of blood into the heart, or between the chambers of the heart when a valve is incompetent. [EU]

Relaxation Techniques: The use of muscular relaxation techniques in treatment. [NIH]

Respiration: The act of breathing with the lungs, consisting of inspiration, or the taking into the lungs of the ambient air, and of expiration, or the expelling of the modified air which contains more carbon dioxide than the air taken in (Blakiston's Gould Medical Dictionary, 4th ed.). This does not include tissue respiration (= oxygen consumption) or cell respiration (= cell respiration). [NIH]

Respite Care: Patient care provided in the home or institution intermittently in order to provide temporary relief to the family home care giver. [NIH]

Restless legs: Legs characterized by or showing inability to remain at rest. [EU]

Restoration: Broad term applied to any inlay, crown, bridge or complete denture which restores or replaces loss of teeth or oral tissues. [NIH]

Rheumatic Diseases: Disorders of connective tissue, especially the joints and related structures, characterized by inflammation, degeneration, or metabolic derangement. [NIH]

Rheumatism: A group of disorders marked by inflammation or pain in the connective tissue structures of the body. These structures include bone, cartilage, and fat. [NIH]

Rheumatoid: Resembling rheumatism. [EU]

Rheumatoid arthritis: A form of arthritis, the cause of which is unknown, although infection, hypersensitivity, hormone imbalance and psychologic stress have been suggested as possible causes. [NIH]

Rickets: A condition caused by deficiency of vitamin D, especially in infancy and childhood, with disturbance of normal ossification. The disease is marked by bending and distortion of the bones under muscular action, by the formation of nodular enlargements on the ends and sides of the bones, by delayed closure of the fontanelles, pain in the muscles, and sweating of the head. Vitamin D and sunlight together with an adequate diet are curative, provided that the parathyroid glands are functioning properly. [EU]

Risk factor: A habit, trait, condition, or genetic alteration that increases a person's chance of developing a disease. [NIH]

Rubber: A high-molecular-weight polymeric elastomer derived from the milk juice (latex) of Hevea brasiliensis and other trees. It is a substance that can be stretched at room temperature to atleast twice its original length and after releasing the stress, retractrapidly, and recover its original dimensions fully. Synthetic rubber is made from many different chemicals, including styrene, acrylonitrile, ethylene, propylene, and isoprene. [NIH]

Salivary: The duct that convey saliva to the mouth. [NIH]

Salivary glands: Glands in the mouth that produce saliva. [NIH]

Schizophrenia: A mental disorder characterized by a special type of disintegration of the personality. [NIH]

Sclerosis: A pathological process consisting of hardening or fibrosis of an anatomical structure, often a vessel or a nerve. [NIH]

Scopolamine: An alkaloid from Solanaceae, especially Datura metel L. and Scopola carniolica. Scopolamine and its quaternary derivatives act as antimuscarinics like atropine, but may have more central nervous system effects. Among the many uses are as an anesthetic premedication, in urinary incontinence, in motion sickness, as an antispasmodic, and as a mydriatic and cycloplegic. [NIH]

Screening: Checking for disease when there are no symptoms. [NIH]

Sedative: 1. Allaying activity and excitement. 2. An agent that allays excitement. [EU]

Seizures: Clinical or subclinical disturbances of cortical function due to a sudden, abnormal, excessive, and disorganized discharge of brain cells. Clinical manifestations include abnormal motor, sensory and psychic phenomena. Recurrent seizures are usually referred to as epilepsy or "seizure disorder." [NIH]

Self Care: Performance of activities or tasks traditionally performed by professional health care providers. The concept includes care of oneself or one's family and friends. [NIH]

Semen: The thick, yellowish-white, viscid fluid secretion of male reproductive organs discharged upon ejaculation. In addition to reproductive organ secretions, it contains spermatozoa and their nutrient plasma. [NIH]

Septic: Produced by or due to decomposition by microorganisms; putrefactive. [EU]

Serum: The clear liquid part of the blood that remains after blood cells and clotting proteins have been removed. [NIH]

Sex Characteristics: Those characteristics that distinguish one sex from the other. The primary sex characteristics are the ovaries and testes and their related hormones. Secondary sex characteristics are those which are masculine or feminine but not directly related to reproduction. [NIH]

Side effect: A consequence other than the one(s) for which an agent or measure is used, as the adverse effects produced by a drug, especially on a tissue or organ system other than the one sought to be benefited by its administration. [EU]

Skeleton: The framework that supports the soft tissues of vertebrate animals and protects many of their internal organs. The skeletons of vertebrates are made of bone and/or cartilage. [NIH]

Smooth muscle: Muscle that performs automatic tasks, such as constricting blood vessels. [NIH]

Social Environment: The aggregate of social and cultural institutions, forms, patterns, and processes that influence the life of an individual or community. [NIH]

Social Support: Support systems that provide assistance and encouragement to individuals with physical or emotional disabilities in order that they may better cope. Informal social

support is usually provided by friends, relatives, or peers, while formal assistance is provided by churches, groups, etc. [NIH]

Sodium: An element that is a member of the alkali group of metals. It has the atomic symbol Na, atomic number 11, and atomic weight 23. With a valence of 1, it has a strong affinity for oxygen and other nonmetallic elements. Sodium provides the chief cation of the extracellular body fluids. Its salts are the most widely used in medicine. (From Dorland, 27th ed) Physiologically the sodium ion plays a major role in blood pressure regulation, maintenance of fluid volume, and electrolyte balance. [NIH]

Solitary Nucleus: Gray matter located in the dorsomedial part of the medulla oblongata associated with the solitary tract. The solitary nucleus receives inputs from most organ systems including the terminations of the facial, glossopharyngeal, and vagus nerves. It is a major coordinator of autonomic nervous system regulation of cardiovascular, respiratory, gustatory, gastrointestinal, and chemoreceptive aspects of homeostasis. The solitary nucleus is also notable for the large number of neurotransmitters which are found therein. [NIH]

Soma: The body as distinct from the mind; all the body tissue except the germ cells; all the axial body. [NIH]

Somatic: 1. Pertaining to or characteristic of the soma or body. 2. Pertaining to the body wall in contrast to the viscera. [EU]

Sound wave: An alteration of properties of an elastic medium, such as pressure, particle displacement, or density, that propagates through the medium, or a superposition of such alterations. [NIH]

Specialist: In medicine, one who concentrates on 1 special branch of medical science. [NIH]

Species: A taxonomic category subordinate to a genus (or subgenus) and superior to a subspecies or variety, composed of individuals possessing common characters distinguishing them from other categories of individuals of the same taxonomic level. In taxonomic nomenclature, species are designated by the genus name followed by a Latin or Latinized adjective or noun. [EU]

Spinal cord: The main trunk or bundle of nerves running down the spine through holes in the spinal bone (the vertebrae) from the brain to the level of the lower back. [NIH]

Spirometry: Measurement of volume of air inhaled or exhaled by the lung. [NIH]

Sprains and Strains: A collective term for muscle and ligament injuries without dislocation or fracture. A sprain is a joint injury in which some of the fibers of a supporting ligament are ruptured but the continuity of the ligament remains intact. A strain is an overstretching or overexertion of some part of the musculature. [NIH]

Sterile: Unable to produce children. [NIH]

Steroid: A group name for lipids that contain a hydrogenated cyclopentanoperhydrophenanthrene ring system. Some of the substances included in this group are progesterone, adrenocortical hormones, the gonadal hormones, cardiac aglycones, bile acids, sterols (such as cholesterol), toad poisons, saponins, and some of the carcinogenic hydrocarbons. [EU]

Stimulant: 1. Producing stimulation; especially producing stimulation by causing tension on muscle fibre through the nervous tissue. 2. An agent or remedy that produces stimulation. [EU]

Stimulus: That which can elicit or evoke action (response) in a muscle, nerve, gland or other excitable issue, or cause an augmenting action upon any function or metabolic process. [NIH]

Stomach: An organ of digestion situated in the left upper quadrant of the abdomen between the termination of the esophagus and the beginning of the duodenum. [NIH]

Stool: The waste matter discharged in a bowel movement; feces. [NIH]

Stress: Forcibly exerted influence; pressure. Any condition or situation that causes strain or tension. Stress may be either physical or psychologic, or both. [NIH]

Stress management: A set of techniques used to help an individual cope more effectively with difficult situations in order to feel better emotionally, improve behavioral skills, and often to enhance feelings of control. Stress management may include relaxation exercises, assertiveness training, cognitive restructuring, time management, and social support. It can be delivered either on a one-to-one basis or in a group format. [NIH]

Stroke: Sudden loss of function of part of the brain because of loss of blood flow. Stroke may be caused by a clot (thrombosis) or rupture (hemorrhage) of a blood vessel to the brain. [NIH]

Styrene: A colorless, toxic liquid with a strong aromatic odor. It is used to make rubbers, polymers and copolymers, and polystyrene plastics. [NIH]

Subacute: Somewhat acute; between acute and chronic. [EU]

Subclinical: Without clinical manifestations; said of the early stage(s) of an infection or other disease or abnormality before symptoms and signs become apparent or detectable by clinical examination or laboratory tests, or of a very mild form of an infection or other disease or abnormality. [EU]

Subspecies: A category intermediate in rank between species and variety, based on a smaller number of correlated characters than are used to differentiate species and generally conditioned by geographical and/or ecological occurrence. [NIH]

Support group: A group of people with similar disease who meet to discuss how better to cope with their cancer and treatment. [NIH]

Sympathetic Nervous System: The thoracolumbar division of the autonomic nervous system. Sympathetic preganglionic fibers originate in neurons of the intermediolateral column of the spinal cord and project to the paravertebral and prevertebral ganglia, which in turn project to target organs. The sympathetic nervous system mediates the body's response to stressful situations, i.e., the fight or flight reactions. It often acts reciprocally to the parasympathetic system. [NIH]

Symphysis: A secondary cartilaginous joint. [NIH]

Systemic: Affecting the entire body. [NIH]

Systolic: Indicating the maximum arterial pressure during contraction of the left ventricle of the heart. [EU]

Tea Tree Oil: Essential oil extracted from Melaleuca alternifolia (tea tree). It is used as a topical antimicrobial due to the presence of terpineol. [NIH]

Testosterone: A hormone that promotes the development and maintenance of male sex characteristics. [NIH]

Therapeutics: The branch of medicine which is concerned with the treatment of diseases, palliative or curative. [NIH]

Thermoregulation: Heat regulation. [EU]

Thoracic: Having to do with the chest. [NIH]

Thought Field Therapy: Radiotherapy in which a lesion is subjected to radiation entering the body through several portals. [NIH]

Threshold: For a specified sensory modality (e. g. light, sound, vibration), the lowest level (absolute threshold) or smallest difference (difference threshold, difference limen) or intensity of the stimulus discernible in prescribed conditions of stimulation. [NIH]

Thrombosis: The formation or presence of a blood clot inside a blood vessel. [NIH]

Thrombus: An aggregation of blood factors, primarily platelets and fibrin with entrapment of cellular elements, frequently causing vascular obstruction at the point of its formation. Some authorities thus differentiate thrombus formation from simple coagulation or clot formation. [EU]

Time Management: Planning and control of time to improve efficiency and effectiveness. [NIH]

Tin: A trace element that is required in bone formation. It has the atomic symbol Sn, atomic number 50, and atomic weight 118.71. [NIH]

Tinnitus: Sounds that are perceived in the absence of any external noise source which may take the form of buzzing, ringing, clicking, pulsations, and other noises. Objective tinnitus refers to noises generated from within the ear or adjacent structures that can be heard by other individuals. The term subjective tinnitus is used when the sound is audible only to the affected individual. Tinnitus may occur as a manifestation of cochlear diseases; vestibulocochlear nerve diseases; intracranial hypertension; craniocerebral trauma; and other conditions. [NIH]

Tissue: A group or layer of cells that are alike in type and work together to perform a specific function. [NIH]

Tone: 1. The normal degree of vigour and tension; in muscle, the resistance to passive elongation or stretch; tonus. 2. A particular quality of sound or of voice. 3. To make permanent, or to change, the colour of silver stain by chemical treatment, usually with a heavy metal. [EU]

Tonus: A state of slight tension usually present in muscles even when they are not undergoing active contraction. [NIH]

Topical: On the surface of the body. [NIH]

Toxic: Having to do with poison or something harmful to the body. Toxic substances usually cause unwanted side effects. [NIH]

Toxicology: The science concerned with the detection, chemical composition, and pharmacologic action of toxic substances or poisons and the treatment and prevention of toxic manifestations. [NIH]

Toxins: Specific, characterizable, poisonous chemicals, often proteins, with specific biological properties, including immunogenicity, produced by microbes, higher plants, or animals. [NIH]

Transcendental meditation: TM. A mental technique used to promote relaxation, reduce stress, and improve quality of life. [NIH]

Transcutaneous: Transdermal. [EU]

Transfection: The uptake of naked or purified DNA into cells, usually eukaryotic. It is analogous to bacterial transformation. [NIH]

Translation: The process whereby the genetic information present in the linear sequence of ribonucleotides in mRNA is converted into a corresponding sequence of amino acids in a protein. It occurs on the ribosome and is unidirectional. [NIH]

Trees: Woody, usually tall, perennial higher plants (Angiosperms, Gymnosperms, and some Pterophyta) having usually a main stem and numerous branches. [NIH]

Tricyclic: Containing three fused rings or closed chains in the molecular structure. [EU]

Type 2 diabetes: Usually characterized by a gradual onset with minimal or no symptoms of metabolic disturbance and no requirement for exogenous insulin. The peak age of onset is 50

to 60 years. Obesity and possibly a genetic factor are usually present. [NIH]

Tyrosine: A non-essential amino acid. In animals it is synthesized from phenylalanine. It is also the precursor of epinephrine, thyroid hormones, and melanin. [NIH]

Unconscious: Experience which was once conscious, but was subsequently rejected, as the "personal unconscious". [NIH]

Uremia: The illness associated with the buildup of urea in the blood because the kidneys are not working effectively. Symptoms include nausea, vomiting, loss of appetite, weakness, and mental confusion. [NIH]

Urethra: The tube through which urine leaves the body. It empties urine from the bladder. [NIH]

Uric: A kidney stone that may result from a diet high in animal protein. When the body breaks down this protein, uric acid levels rise and can form stones. [NIH]

Urinary: Having to do with urine or the organs of the body that produce and get rid of urine. [NIH]

Urine: Fluid containing water and waste products. Urine is made by the kidneys, stored in the bladder, and leaves the body through the urethra. [NIH]

Vaccine: A substance or group of substances meant to cause the immune system to respond to a tumor or to microorganisms, such as bacteria or viruses. [NIH]

Vascular: Pertaining to blood vessels or indicative of a copious blood supply. [EU]

Vascular Resistance: An expression of the resistance offered by the systemic arterioles, and to a lesser extent by the capillaries, to the flow of blood. [NIH]

Vein: Vessel-carrying blood from various parts of the body to the heart. [NIH]

Venous: Of or pertaining to the veins. [EU]

Ventricle: One of the two pumping chambers of the heart. The right ventricle receives oxygen-poor blood from the right atrium and pumps it to the lungs through the pulmonary artery. The left ventricle receives oxygen-rich blood from the left atrium and pumps it to the body through the aorta. [NIH]

Vertebral: Of or pertaining to a vertebra. [EU]

Vestibulocochlear Nerve: The 8th cranial nerve. The vestibulocochlear nerve has a cochlear part (cochlear nerve) which is concerned with hearing and a vestibular part (vestibular nerve) which mediates the sense of balance and head position. The fibers of the cochlear nerve originate from neurons of the spiral ganglion and project to the cochlear nuclei (cochlear nucleus). The fibers of the vestibular nerve arise from neurons of Scarpa's ganglion and project to the vestibular nuclei. [NIH]

Vestibulocochlear Nerve Diseases: Diseases of the vestibular and/or cochlear (acoustic) nerves, which join to form the vestibulocochlear nerve. Vestibular neuritis, cochlear neuritis, and acoustic neuromas are relatively common conditions that affect these nerves. Clinical manifestations vary with which nerve is primarily affected, and include hearing loss, vertigo, and tinnitus. [NIH]

Veterinary Medicine: The medical science concerned with the prevention, diagnosis, and treatment of diseases in animals. [NIH]

Viral: Pertaining to, caused by, or of the nature of virus. [EU]

Virus: Submicroscopic organism that causes infectious disease. In cancer therapy, some viruses may be made into vaccines that help the body build an immune response to, and kill, tumor cells. [NIH]

Virus Diseases: A general term for diseases produced by viruses. [NIH]

Visceral: , from viscus a viscus) pertaining to a viscus. [EU]

Visceral Afferents: The sensory fibers innervating the viscera. [NIH]

Visual Acuity: Acuteness or clearness of vision, especially of form vision, which is dependent mainly on the sharpness of the retinal focus. [NIH]

Visual Perception: The selecting and organizing of visual stimuli based on the individual's past experience. [NIH]

Vital Capacity: The volume of air that is exhaled by a maximal expiration following a maximal inspiration. [NIH]

Vitamin D: The vitamin that mediates intestinal calcium absorption, bone calcium metabolism, and probably muscle activity. It usually acts as a hormone precursor, requiring 2 stages of metabolism before reaching actual hormonal form. It is isolated from fish liver oils and used in the treatment and prevention of rickets. [NIH]

Xenograft: The cells of one species transplanted to another species. [NIH]

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